NSAIDs Study Shows Side Effects are Worse Than Original Ailments

A systematic review of studies that involved nearly half a million people concluded that people who used nonsteroidal anti-inflammatory drugs (NSAIDs) are at increased risk of heart attacks. People who used a higher dose of NSAIDs were at greater risk. The duration of medication use didn't matter, as researchers saw an increased likelihood of myocardial infarctions after a single day. While we already knew about the negative effects of NSAIDs on the cardiovascular system, this size of this study makes it even more clear how carefully we need to consider the medications we chose.

According to SpineHealth.com, the four most common NSAIDs are:

- **Aspirin:** Bayer, Bufferin, and Ecotrin, St. Joseph
- **Ibuprofen:** Advil, Motrin
- **Naproxen:** Aleve, Anaprox DS, Naprosyn
- **Celecoxib:** Celebrex

The Report Card Isn't Promising

All of the NSAIDs looked at correlated to an increased chance of heart attack, and the percentage of increase ranged from 20 to 50 percent. Since the last use of the drug, risks decrease over time.

According to the lead author of the study, Michèle Bally, the absolute increase in risk is quite small. Which makes sense, as the risk of heart attack for most people is small. But this isn't the only bodily system that NSAIDs don't agree with.

High dosage or prolonged use of NSAIDs can result in chronic

kidney diseases like chronic interstitial nephritis. While NSAIDs are not as likely as acetaminophen (Tylenol) to cause liver damage, they have been associated with ulcers or gastrointestinal bleeding in large doses. If you're keeping track, that's potential damage to three of the most important systems in the body, cardiovascular, urinary, and gastrointestinal.

Saving for a Rainy Day

People seem comfortable using NSAIDs for everyday aches like joint pain, headaches, swelling, and fevers. So is it worth it? Not with more sustainable and healthier options available, like the recommended reading below.

Recommended Reading:

- *What Causes Chronic Inflammation, and How To Stop It For Good*
- *How to Optimize Curcumin Absorption – With Golden Milk Tea Recipe*
- *Detox Cheap and Easy Without Fasting – Recipes Included*
- *How to Cure Lyme Disease and Virtually Any Other Bacterial Infection, Naturally*

Sources:

- *Pain Relievers Tied to Immediate Heart Risks* – NY Times
- *Huge Study Shows Link Between Common Painkillers And Increased Risk of Heart Attack* – Science Alert
- *Aspirin, Ibuprofen, Acetaminophen – Why They All Are Unsafe* – Organic Lifestyle Magazine
- *11 Things You Should Know About Common Pain Relievers* – Harvard Health Publications
- *The Most Potent, Anti-Inflammatory Everyday Foods* – Organic Lifestyle Magazine