

NSAID Complications

by John W Jones, MD

NSAIDs are not the best or safest way to control pain and inflammation!

For a natural, safe alternative to Vioxx, Celebrex and other NSAID's in the Arthritic patient (from any cause), and any inflammatory condition use **Ultra Omega-Linic**. More recently i have been using **Yucca** for a response similar to that of Aspirin or Tylenol.

The use of non-steroidal anti-inflammatory drugs (NSAIDs) in the treatment of arthritis, PMS and other inflammatory conditions is well established. There are, however, many instances where their use is either contraindicated, or the patient simply refuses to take them. They should not be used in the geriatric population. Their use is forbidden during pregnancy by most obstetricians.

Early NSAIDs (such as Motrin) and the newer Cox2 products (such as Vioxx) have the same side effects affecting the cardiovascular system, gastro intestinal system, liver, and kidneys.

- NSAIDs account for almost 1/3 of the reported adverse drug events.
- GI symptoms affect about 15% of users.
- 1% to 4% have serious GI complications
- There are an estimated 16,500 deaths related to NSAID use.
- There are serious and often fatal kidney and liver complications.
- There is an increase in acute coronary syndrom and death

As alarming as these side effects are, several NSAIDs have been approved for over the counter use by the FDA.

There also are many second line prescription drugs available for arthritis. While effective, they are quite toxic and require careful and expensive monitoring.

Since essential fatty acids control inflammation as well or frequently better than NSAIDs, and are protective of the cardiovascular system, gastro intestinal system, liver, and kidneys with almost no side effects, it would seem prudent to use them as a first line choice for the control of inflammation.



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