

Pain-Relievers

Pain. It is a common experience though the cause and severity differ greatly. Lucky for us there are pain-relievers (analgesics).



Which pain-reliever will be the most effective one for you?

Commonly used pain relievers are not only used for mild

pain but also fever reduction and inflammation. Choose your pain reliever wisely for the most effective treatment possible. The following information will give you a brief outline for each commonly used pain relieving substance.

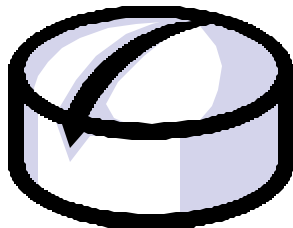
There are generic forms of each of the pain relievers. The generic pain relievers are as effective as the "Name Brand" pain relievers, and cost considerably less. For more information ask your pharmacist or health practitioner.

Aspirin

Purpose: To reduce inflammation, pain, fever, and low intensity pain (E.g. headache, joint pain, muscle pain)

Adverse Reactions: skin rash, hives, shortness of breath, asthma, shock, edema (swelling), stomach irritation, bleeding and ulcers.

Examples: Bayer Aspirin, Bayer Timed Release, generic aspirin. Anacin and Excedrin also contain caffeine.



If you have a stomach that is sensitive to aspirin, consider a buffered (Bufferin) or a coated aspirin. Coated aspirin, such as Ecotrin, dissolves in the intestine rather than the stomach.

Ibuprofen/Naproxen

Purpose: To reduce inflammation, reduce pain (E.g. Headache, mild or moderate pain. More effective than aspirin or acetaminophen for relief of menstrual cramps (dysmenorrhea).



Adverse Reactions: nausea, heartburn, diarrhea, indigestion, abdominal discomfort, bleeding and ulcers.

Examples: Advil, Motrin, Nuprin, Metaprin. Aleve and naproxen are similar to ibuprofen, but last longer. All must be taken with food.

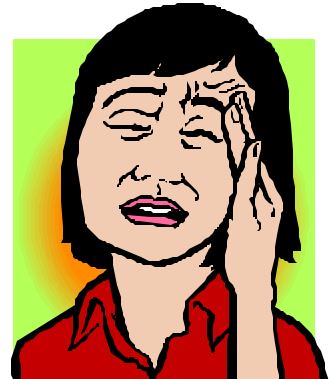
Not recommended for use by pregnant or breast-feeding women.

Avoid if any history of aspirin sensitivity.

Acetaminophen

Purpose: reduce pain, reduce fever (E.g. headache, fever)

Adverse Reactions: Stomach irritation, skin rash much less common than with aspirin.



Examples: Tylenol, Panadol, Aspirin Free, Apap.

Remember that pain is our bodies' way of indicating a problem. See your health practitioner if pain is severe, persistent, or not relieved by these over-the-counter analgesics. Overdoses can be lethal, so follow the directions on the container.

