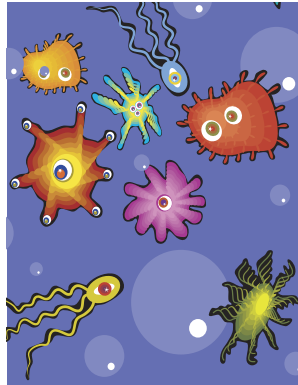


# NSAIDs

non-steroidal  
anti-inflammatory  
drugs



**Examples:** Aspirin, Ibuprofen, Mobic, Lodine, Toradol, Indocin, Voltaren, Celebrex

**Used To Treat:** Pain and inflammation particularly pain caused by injury, arthritis, headache, and post op pain. They might also be used to treat fever.

**How They Work:** These drugs work by inhibiting the enzyme cyclooxygenase, which is important in the formation of prostaglandins. Prostaglandins are important messengers of inflammation. The NSAID's also work on platelet function by inhibiting their ability to help in the clot formation. Aspirin is effective for the life-span of the platelet (8 days) but the other anti-inflammatory medications are effective only when they are circulating in your blood stream which is usually for about 6-8 hours after ingestion.

**Side Effects:** The most common side effects of the NSAID's are abdominal pain or bleeding. Prostaglandins are important protectors of the mucous lining of the stomach so their dysfunction may lead to a disruption in the lining of the stomach (ulcer or gastritis). When taken in large quantities, these drugs may cause liver or kidney problems and they are often associated with edema (swelling) of the legs.

## NSAIDs



### Treating Pain

Pain is now thought of as the 5th vital sign. Pain ruins many a day and should not be tolerated. Clearly, treatment must first be directed at the cause of the pain. For instance, if abdominal pain is caused by appendicitis, the appendicitis must be treating primarily.

Pain is usually the result of inflammation; hence the anti-inflammatory medications are the center of pain control. Sometimes, the NSAID's may be used preventively. For instance, taking an anti-inflammatory before that tennis match may minimize the inflammation that comes with the repetitive motion at the elbow that causes "tennis elbow".

We can also treat pain the old fashioned way. Remember when your mother rubbed your leg to ease your bruised knee? That method actually works because the soft touch of mom's hand sends a message to the brain by means of fat nerve fibers and the fat nerve fibers reach the brain before the thinner nerve fibers that carry the pain message and they (the fat fibers) block the pain message.

The bottom line when it comes to pain is to tell me that me about it. My job is to find the source of the pain and to minimize your discomfort. That is what a better day is all about.

