

## A Quick Fix At A High Price

By Dr. Robert Mirandola

If you are like millions of Americans today, you reach for over-the-counter painkillers on a daily or weekly basis. In fact many lunchrooms and vending machines sell Ibuprofen (Motrin/Advil) or Naproxen (Aleve/Naprosyn) to you, the Newton/Needham work force, along side snack foods and gum. These drugs, as well as others known as Cox-2 inhibitors Vioxx and Celebrex, are classified as non-steroidal anti-inflammatory drugs (NSAIDs).

Despite the widespread popularity and supposed safe nature of NSAIDs, many serious risks have been identified, but never questioned by the unassuming public. One such risk from NSAID use was published in the December 1, 1998, issue of *USA Today*. This story stated that 16,500 people died from bleeding stomach ulcers brought on by NSAID use that year alone and that of those, 80% experienced no symptoms prior to death. In 2001, the *British Medical Journal* published a study out of Denmark, which highlighted a strong connection between NSAID use and miscarriages during pregnancy. In fact, a bottle of Ibuprofen states directly on the label that it “may cause stomach bleeding” and “you should ask your doctor prior to use if you are pregnant.”

Furthermore, NSAID use recently has been linked to one of the top killers in both men and women in the United States: cardiovascular disease. “Long term use may increase the risk of heart attack or stroke,” states the same bottle of Ibuprofen. In fact, the National Institute on Aging conducted a study to determine whether Celebrex or Naproxen could be a long-term treatment to prevent Alzheimer’s disease. Midway through, the study was discontinued when the results started coming back that the test subjects, who were taking the Naproxen (Aleve), were found to have a 50 percent higher risk of heart attack and stroke than the alternate test group who were given a placebo.

Health and wellness are not available in pill form. If you find yourself reaching for an NSAID for quick relief of pain, you should consider a safer and healthier option. Many are looking to alternative methods of pain relief, such as eastern medicine, acupuncture and chiropractic. In fact, in addition to the well-known relief of back pain, chiropractic can even help those suffering from menstrual cramps, headaches, and arthritis. Instead of dulling the pain, chiropractic care seeks to correct the cause of the symptoms by relieving nerve pressure and re-aligning the spine to its natural position. For children and adults alike, chiropractic is a safe way to prevent future illness and pain and thereby, ensure a healthy, drug free life.

*Dr. Robert Mirandola is the owner of Allasso Chiropractic in Newtonville. He can be reached at 617.332.1877 or [DrMirandola@allassochiro.com](mailto:DrMirandola@allassochiro.com). To learn more, please visit his website at [www.AllassoChiro.com](http://www.AllassoChiro.com).*