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## TAKING ANTI-INFLAMMATORY MEDICATIONS SAFELY

### **Advil/Ibuprofen Aleve/Naproxen**

These are among the most important medications doctors use on a regular basis, and they are potent over-the-counter medications.

They are great for a myriad of conditions and can be used effectively and safely if this is done properly. Below I will list the pro's and con's of these medications, and the proper way to take these medications.

#### **Pro's:**

- Great for relieving inflammation both short term and long-term
- Great for various musculo-skeletal pains
  
- Probably prevents colon polyps and colon cancer
- Probably prevents Alzheimer's dementia to a small degree

#### **Con's:**

- Can be irritating to the stomach, causing ulcers. This is particularly a concern in women over 60 and if used continuously for over a week.
- They have a statistical associated risk of stroke and heart attack. This is very small, but statistically present
- Long-term use can bother kidney function and requires monitoring if used for over one month.

Taking these medications properly:

Dose correctly:

- Advil/Ibuprofen...400-800mg at a dose, up to 3 times per day (max dose 2400mg)
- Aleve/Naproxen...220-440mg at a dose, up to 2 times per day (max dose 1000mg)

Take with food if possible, but it is fine to take on an empty stomach if need be.

If taking For Longer than 1 week:

- Take with Prilosec 20mg daily or Prevacid 15mg daily (or a prescription PPI medication)
- I recommend that anyone over the age of 60 who takes these medications regularly use a stomach-protecting medication regularly, to prevent ulcers in the stomach.
- PPI medications such as Prilosec or Prevacid are effective. Pepcid/Ranitidine is not effective.

Taking for longer than 3 months:

- Check kidney bloodwork
- If you are taking these medications on an ongoing basis, it is recommended that you assess the kidney function twice yearly as a precautionary measure.