

Common Pain Relievers- Actions and Side Effects

Product	Action	Unwanted Side Effects
Aspirin	Anti-inflammatory, anti-pyretic (fever) that enters blood stream, searches out prostaglandins (inflammatory agents) and binds to them to de-activate.	Heartburn, nausea, stomach upset, gastrointestinal bleeding, confusion, diarrhea, dizziness, drowsiness, hearing loss, ringing in ears, severe or persistent stomach pain, vomiting and, for some, severe allergic reactions
NSAIDS Ibuprofen, Naproxen Aleve	Non-steroidal anti-inflammatory agents that inhibit the cox enzyme needed for the inflammatory cascade. This not only disables the pain component of the inflammatory process, it inhibits the components of the process responsible for preventing infection and rebuilding of tissue, crucial for healing.	While I view the healing inhibition to be their most damaging effects, review the list of other unwanted effects: Edema, fluid retention, dizziness, headache, nervousness, rash, ear ringing, nausea, heartburn, abdominal cramps or pain, indigestion, vomiting, vitamin C and sulphate depletion, and an estimated annual death rate of 16,500 people in the US alone!
Acetaminophen	An antipyretic and an analgesic, however not an anti-inflammatory. It reduces your ability to sense pain and it reduces fever by direct interference with your body's hypothalamic heat-regulating center.	Hemolytic anemia, leucopenia, neutropenia, thrombocytopenia, liver damage.
Corticosteroids	Reduces the stress experienced by the injury. Reduces effects of inflammation and suppresses Immune response.	Salt retention, congestive heart failure in certain patients, high blood pressure, water retention, potassium loss, muscle weakness, loss of muscle mass, osteoporosis, tendon rupture (particularly of the Achilles tendon), vertebral compression fractures, stomach ulcers, inflammation of the pancreas, bloating, ulcers of the throat, liver injury, impaired wound healing, bruising, thin fragile skin, facial redness, increased sweating, convulsions, dizziness, headache, development of a hormonal disorder called a "Cushingoid state," suppression of growth in children, menstrual irregularities, decreased carbohydrate tolerance, manifestations of diabetes mellitus, increased requirements of insulin or oral hypoglycemic agents in diabetics, cataracts, glaucoma, increased intraocular pressure, bulging of the eyes, itching and other allergic, anaphylactic, or hypersensitivity reactions