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"treating the cause of your problem, not just the symptoms"

Taking Naproxen and Celebrex Could Be Dangerous

Typically, I am not one to disseminate negative information about the potential harmful side effects of certain drugs. However, I do feel that it would be irresponsible of me to not inform my patients that a particular prescription drug, that is widely used by many of my patients, may increase their risk of a heart attack.

A study testing whether "Celebrex" or "Naproxen" (both pain relievers commonly used to treat arthritis) would reduce the risk of Alzheimer's disease was halted last Monday after researchers noticed that patients taking Naproxen had a 50 per cent greater incidence of cardiovascular events — heart attack or stroke — than patients not taking any medication (placebo).

It was also announced last week that advertising for Celebrex was being halted after a study found that high doses of the drug was associated with an increase in heart attack risk. Dr. Sandra Kweder of the Food and Drug Administration said that this study is the first to show that Naproxen might increase the risk of heart attack or stroke. She also said that patients who routinely take Naproxen should follow the drug directions carefully, including the instruction ***not to take it for more than 10 days***, and to consult a doctor if there continues to be pain.

Apparently, about 70 patients of the 2,500 suffered stroke or heart attack, including 23 deaths, and that there were about 50 per cent more such events in the people who were given the Naproxen compared to those who were given nothing (the placebo).

If you are not an arthritis sufferer, consider yourself lucky and make the lifestyle changes necessary to prevent it from occurring in the first place. If you already have arthritis, you may not be as lucky but the same school of thought applies. Make the lifestyle changes necessary to decrease its severity and prevent it from progressing. This may include regular exercise, losing any significant accumulation of body fat, a healthy diet, and regular chiropractic treatment (your joints will only heal themselves properly and remain healthy if they work as efficiently as possible).