

Managing Chronic Pain with Over-the-Counter Medications

Now, a health minute.

Many people who suffer from chronic pain turn to over-the-counter pain relief medications to find some temporary relief.

But overuse could lead to some major health problems.

These medications can irritate the stomach lining causing indigestion and more serious side effects such as gastrointestinal bleeding, ulcers, and kidney disease.

People over the age of 60 who take these over-the-counter medications in high doses, who have had a previous ulcer...

Are taking cortisone like medications...

Or are on blood thinning medication...

Are at a higher risk of developing complications.

If you suffer from chronic pain, talk to your healthcare provider about how you can relieve pain in a safe way.