



Ibuprofen



Overview

This is the most commonly used nonsteroidal anti-inflammatory drug. You don't need a prescription for ibuprofen unless your doctor wants you to take a high dose.

Uses

Why do we take ibuprofen? Well, it's used to relieve pain and inflammation. It's good for headaches, muscle aches and arthritis. And, it reduces fever.

How it works

How does ibuprofen work? It blocks the production of hormone-like substances called "prostaglandins." They're made by your body's cells at sites of injury or infection. Prostaglandins play a role in things like pain, inflammation and blood clotting. By blocking prostaglandins, ibuprofen can relieve unpleasant symptoms.

Conclusion

Ibuprofen isn't safe for everyone. It's generally not recommended for people who have had a heart attack or stroke. It can be harmful if you have stomach ulcers or problems with the kidneys or liver. And, it may not be right for women who are pregnant or nursing. So before you take ibuprofen, check with your doctor. Make sure it won't interfere with any other drugs you take. For other questions and to learn about possible side effects, talk to your doctor or pharmacist.