Can NSAIDs Make Chronic Pain Worse? What You Need to Know Transcript

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Risks of chronic NSAID use

NSAIDs that you take them over a period of time chronically because they're really not meant to be taken all the time or preventing preventatively like some of my patients do.

You can also develop pain hypersensitivity as a result of taking NSAIDS. So the very thing that's trying to help you feel better is actually going to make you fell worse and increase your pain in the long run.

You know, I've mentioned before on the show, NSAIDs in particular, because most of them are over the counter, people just think they're safe. And some people will tell me, like, they take way more than recommended doses.

I'm like no, please don't do that. Exactly. Very dangerous for your gut, for you kidneys. You know, Tylenol at excessive doses is terrible for the liver.

We know that. People aren't educated, though, because you're right. When it's over the counter, it is almost like you are buying a supplement or candy or something that you can take without any ramifications.

But there are significant ramification.