

# THE INDUSTRIAL ATHLETE DIGEST

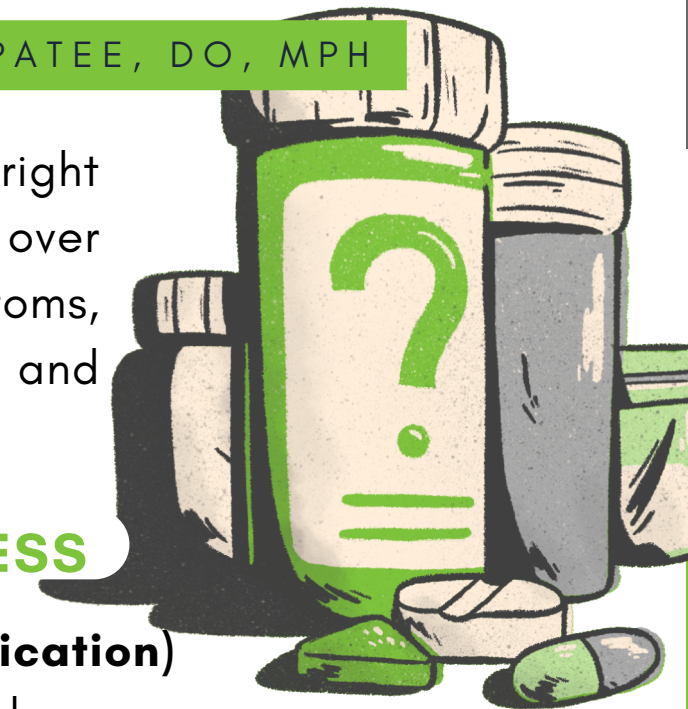
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## PILL TALK: RISKS NOT TAKEN LIGHTLY

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We all have them. Staples of the medicine cabinet. A go-to with daily aches and pains. But is it the right choice? The right dose? It has become unfortunately routine to take ibuprofen, acetaminophen, or other over the counter medications for conditions which medication will not really help. The act simply masks symptoms, but doesn't solve for the underlying condition. Let's take a look at what these drugs are, what they do, and how they should be used.



**TO ACCESS THESE RESOURCES, SCAN THE QR!**

### INSIDE NSAIDS

#### Oral Non-Steroidal Anti-inflammatories (NSAIDs)

**Trade Names:** Advil®, Aleve®, Motrin®, Naprosyn®

**Generic Name:** Ibuprofen, Naproxen, Aspirin

Oral NSAIDs, available OTC at most grocery stores, alleviate pain, swelling, and fevers by inhibiting COX-1 and COX-2 enzymes that convert arachidonic acid into prostaglandins. Prostaglandins have mixed effects, causing blood vessel dilation and nerve activation, leading to *increased* pain and swelling.



Different OTC brands have varying dosing methods and pill strengths. It's vital to adhere to recommended safe doses and consult a physician before extended use.


### ACETAMINOPHEN AWARENESS

#### Other Oral Analgesics (pain medication)

**Trade Names:** Tylenol, Paracetamol

**Generic Name:** Acetaminophen

Acetaminophen, effective for pain and fever relief but not inflammation, primarily inhibits COX-3 in the brain and spine, reducing pain perception. It poses liver-related risks with high doses or prolonged use, potentially causing acute and chronic liver damage, rashes, hives, swelling, breathing difficulties, and jaundice. Tylenol, the popular brand, offers 325 and 500 mg tablets and various formulations.

Caution is necessary for appropriate dosing, as acetaminophen can interact with medications like oral birth control and nutritional supplements. Specific conditions may affect its efficacy, but when used as directed, it's generally considered reasonably safe. 

Work Right NW is changing the way that companies view workplace hazards. Our focus is on educating the workforce to prevent injury. We provide access to Injury Prevention Specialists in the workplace to address the early signs of discomfort. We are changing the industry one company at a time by helping one person at a time.

