Aspirin’s benefits affected by NSAIDs

People’s Pharmacy
By Rob Cavanaugh & Teresa Graedon

Q. Are there problems associated with taking daily low-dose aspirin for cardiac protection along with aspirin for pain relief? I’ve read that taking an NSAID like ibuprofen can negate the anti-clotting job. Research suggests that taking the NSAID pain reliever at least two hours after aspirin and eight hours before the next dose might reduce the potential interaction (Thrombosis and Haemostasis, May 2013).

A. It’s estimated that half of older adults take aspirin regularly. In large part it’s because physicians and nurses recommend them to protect their hearts. The fact is that taking aspirin daily has been proven to reduce the risk of heart attacks and death from heart disease. Aspirin reduces the stickiness of platelets, a major cause of heart attacks and strokes. The problem with combining aspirin with ibuprofen is not as serious as combining aspirin with acoeprazole,omeprazole, famotidine or ranitidine,which can cause stomach ulcers. The bottom line is that using aspirin with ibuprofen for minor aches and strains will be fine. It won’t negate aspirin’s heart-protecting effects.

Taking a nonsteroidal anti-inflammatory drug (NSAID) such as ibuprofen or naproxen may reduce the cardiovascular benefit. That’s because such drugs compete with aspirin and keep it from doing its anti-inflammatory job. Research suggests that taking the NSAID pain reliever at least two hours after aspirin and eight hours before the next dose might reduce the potential interaction (Thrombosis and Haemostasis, May 2013).

Q. I have a family history of high cholesterol and that taking the NSAID pain reliever at least two hours after aspirin and eight hours before the next dose might reduce the potential interaction (Thrombosis and Haemostasis, May 2013).

A. If you have a family history of high cholesterol, it’s best to consult with a cardiologist before taking an NSAID along with aspirin. It may be that you should not take an NSAID because it may increase your risk of heart attack or stroke.

Q. I have a family history of high cholesterol, and my internist prescribed Lipitor many years ago. It was a miracle drug that kept my cholesterol at an acceptable level. After taking the medicine for eight years, I developed peripheral neuropathy in my fingers and toes. The loss of feeling got progressively worse during the next six months, until I couldn’t臊en my fingers or take a needle stick test. Taking a nonsteroidal anti-inflammatory drug (NSAID) such as ibuprofen or naproxen may reduce the cardiovascular benefit. That’s because such drugs compete with aspirin and keep it from doing its anti-inflammatory job. Research suggests that taking the NSAID pain reliever at least two hours after aspirin and eight hours before the next dose might reduce the potential interaction (Thrombosis and Haemostasis, May 2013).

A. If you have a family history of high cholesterol, it’s best to consult with a cardiologist before taking an NSAID along with aspirin. It may be that you should not take an NSAID because it may increase your risk of heart attack or stroke. But after watching 38,000 runners from 96 countries take part in the 118th Boston Marathon last week, I have begun to think about the possibility of running one more marathon.

With an estimated 3 million people lining the course, I could feel the excitement from the runners and fans as I was watching the race unfold from my computer back in New Jersey. The Boston Marathon is the world’s oldest race and one of the world’s most prestigious road racing events. With the names of the bombing victims from last year’s Boston Marathon on his race bib, Meb Keflezighi, became the first American to win the 26.2 mile race since 1983 in a personal best 2:08:37. The 36-year-old became the first African born to win the Boston Marathon last week. Asbury Park Press APP.COM

GO to APP.com for more details on cosmetic ingredients.

Skin absorbs substances like a sponge, so a doctor urges choosing cosmetics wisely

By Susan Bloom

Skin absorbs substances like a sponge, so a doctor urges choosing cosmetics wisely.

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Boston Marathon on my mind

Rob Cavanaugh

After completing last year’s INS New York City Marathon, I checked it off my bucket list and moved on to my next goal. With the names of the bombing victims from last year’s Boston Marathon on his race bib, Meb Keflezighi, became the first American to win the 26.2 mile race since 1983 in a personal best 2:08:37. The 36-year-old became the first African born to win the Boston Marathon last week. Asbury Park Press APP.COM

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Another resource offering information on ingredients.

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LIVING WITH DIABETES IS COMPLICATED

What would you do for free time away from some of the daily worries and burden of treating diabetes?

FREEDOM-C is a clinical research study investigating an innovative approach to delivering a painless treatment for type 2 diabetes that doesn't require needles or oral pills. This study is new and exciting.

You may be eligible to participate if you:

• Have been diagnosed with type 2 diabetes for more than 3 months
• Are at least 40 years of age and have been diagnosed with a condition related to your blood or insulin, or
• Have difficulty developing problems with your heart or blood vessels, in addition to your diabetes.

The study will investigate how the new drug is expected to be used up to 48 months from the start of the study. DR. BRADLETT/PHOTOGRAPH BY SUSAN RICOTTA

In Depth: A Traveling Training Program

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As I approached the finish line on April 20, 2015, during the 119th Boston Marathon, I started picturing myself running down Boylston Street waving to the fans who lined the historic line at the 119th Boston Marathon.

Running, without a doubt, is a life-changing activity. The everyday exposure to the vice-like speed and intensity of running can make you feel as if you are living in a time machine. It’s also an opportunity to learn proper running fundamentals, including posture, technique, and the body’s ability to deal with stress.

Keep reading to find out more about the Boston Marathon).

With the demands of work, coaching and wait-

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I had no feeling when holding a needle or anything remotely painful.

The neuroscience behind all this is still not fully understood. The body is capable of "numbing" the pain of injury, using a number of strategies. These include: (1) distraction; (2) conscious control of the pain; (3) chemicals in the blood; and (4) the body’s own natural pain pathways.

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SUPPORT GROUPS

RECOVERY INTERNATIONAL: 24943 Township Road, Empire, MI 49406. A 24-hour helpline and an online support group for people recovering from chronic pain. The group is run by people who have recovered from chronic pain. The group is run by people who have recovered from chronic pain.

On-Line Pain Support: www.onlinesupport.com

Mental Health First Aid: 800-950-6266. A program that provides basic information about mental illness and helps people identify symptoms and learn how to respond to someone who may be experiencing a mental health crisis. The program is run by the Mental Health First Aid Institute.

NATIONAL PAIN PREVENTION CENTER: 800-755-7722. A nonprofit organization that provides information and resources about pain prevention. The organization is run by the National Pain Preven-

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1938 Food, Drug, and Cosmetics Act

The 1938 Food, Drug, and Cosmetics Act was the first federal legislation to require labels on consumer products. It established a system of ingredient disclosure that is still in effect today.

The act was passed by Congress in response to several incidents of food and drug adulteration. It was also the first federal legislation to require labels on consumer products.

The law required that labels on food and drug products include information about the ingredients and the product's composition. It also required that labels on consumer products include information about the product's ingredients and the product's composition.

The law was an important step in the development of the modern consumer marketplace. It established a system of ingredient disclosure that is still in effect today.

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