

# New FDA Warning on NSAIDs



On July 9th, 2015, the FDA released an important drug safety communication to strengthen label warnings for non-steroidal anti-inflammatory drugs (NSAIDs) to reflect the “increased chance of heart attack or stroke” due to their use. Whether prescribed or over the counter, NSAID labels will be required to state the following:

- ◆ The risk of heart attack or stroke can occur the first week of use, increases with longer use & at higher doses
- ◆ Patients with heart disease or risk factors for it have a greater chance of heart attack or stroke
- ◆ There is an increased risk of heart failure
- ◆ Following a first heart attack, patients are more likely to die in the first year after the heart attack compared to non-NSAID users
- ◆ Can increase the risk of heart attack or stroke in all patients, even those without heart disease or risk factors for heart disease

In short, the FDA stated, “NSAIDs increase the chance of a heart attack or stroke, either of which can lead to death. There are a large number of studies that support this finding...”

## Is there a safer alternative?

TyH has a trio of supplements to fight the inflammatory response without cardiac risks.

1 Supplementing systemic enzymes may be one answer, as they work to reduce inflammation and swelling by helping to control COX-2, an instigator of the inflammatory response. The systemic enzymes in Fibro-Enzymes™ are particularly useful for shortening recovery from acute injuries (including post-surgery or sport injury) and alleviating pain from chronic conditions such as arthritis without the risks associated with NSAIDs.

2 Tender Point Lotion™ can be applied topically and contains Celadrin®, shown in studies to ease the inflammatory response and relieve muscle aches.

3 InFlame Response is a combination formula to address inflammation, and includes antioxidants to help minimize further inflammatory damage.



You may also want to check out Curcumin, Omega-3, and Krill Oil, three more allies in the inflammatory defense line.

Whatever you reach for to help with your aches and pains, be consumer smart. Weigh the pros and cons carefully. Sometimes quick relief isn't worth the risks (heart attack, stroke, even death?). Help your body heal itself. Whether it's an acute or chronic condition, choosing the safer, slower solution may be in your best interests.

1. <http://www.fda.gov/Drugs/DrugSafety/ucm451800.htm>

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Learn more about how to fight against inflammation in our TyH Online Health Library with these articles:

- ◆ *Inflammation & the Power of Enzymes*
- ◆ *Celadrin®: Joint Flexibility & Pain Relief*
- ◆ *New Team Beats Inflammation*
- ◆ *Curcumin: The Many Benefits of Curcumin*
- ◆ *The Top 4 Health Benefits of Krill Oil*
- ◆ *Omega 3 Fish Oils: If I Only Had a Brain*

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