

Inflammation – Part IV

Welcome to this multi-part series on inflammation. Here we will discuss what inflammation is, why it's important and what we should do about it.

Non-Steroidal Anti Inflammatories (NSAIDs) have been prescribed for decades to reduce inflammation and pain. Common names for NSAIDs include aspirin, ibuprofen (Advil, Motrin) and naproxen (Aleve). In the past, NSAIDs were recommended alongside ice for reducing inflammation after an acute injury. Many athletes routinely use NSAIDs to help relieve DOMS, or during events to help them push through the pain of exertion.

Over the last decade it has become clear that long term NSAID use is associated with cardiovascular and renal complications. In 2014 an additional warning label was added to NSAIDs by the FDA. You can read all about the potential complications of NSAID use from a pharmacist's perspective [here](#).

So when should you use NSAIDs? In short-term situations, where the benefits outweigh the harms. Some examples could include:

- If you are injured in the backcountry and you need pain relief in order to get back to safety.
- You are recovering from an injury/surgery and are unable to sleep without pain relief.
- When other pain relievers, such as Tylenol, are insufficient.
- When they are doctor recommended.

