

Mayo Clinic Minute: A nation seeking over-the-counter pain relief

VIDEO	AUDIO
	From back pain to headaches, the first option for relief is often over the counter.
Summer Allen, M.D. Family Medicine Mayo Clinic	“They’re fantastic medications, particularly if we utilize them when we need to.”
	Although drugs like acetaminophen, ibuprofen and naproxen don’t require a prescription and aren’t considered addictive, it’s still important to understand there can be side effects and risks.
Dr. Allen	“There is an assumption that because it’s over the counter [that] means it’s safe. I always encourage patients when they are utilizing an over-the-counter medication to read that label.”
	Dosage also is important. For most of these pain relief meds, the average adult shouldn’t exceed 3,000 milligrams in a 24-hour period.
Carrie Krieger, Pharm.D. Medication Therapy Management Mayo Clinic	“We always want a person to take the lowest dose necessary that they require to treat their pain.”
	Over-the-counter meds can be convenient and provide fast relief, but when it comes to pain, it’s not always an easy solution.
Dr. Allen	“Most important for patients is when they’re unsure about how much to take, how long to take it, not to hesitate to reach out to their health care provider or team member.”
	For the Mayo Clinic News Network, I’m Jason Howland.