

Mayo Clinic Minute: What are NSAIDs?

VIDEO	AUDIO
Jason	Reducing inflammation, that's what over-the-counter pain relievers like ibuprofen and naproxen do — a class of medications called NSAIDs.
Carrie Krieger, Pharm.D. Medication Therapy Management Mayo Clinic	“That stands for nonsteroidal anti-inflammatory drugs.”
Jason	Ibuprofen, also known by brand names Advil and Motrin, and naproxen, known as Aleve, have qualities that reduce fever and help with general aches and pains. And where NSAIDs really shine is joint and muscle pain.
Summer Allen, M.D. Family Medicine Mayo Clinic	“It's why often those with arthritis ... that medication, because it can reduce inflammation and reduce swelling has been most beneficial.”
Jason	Typical over-the-counter doses for ibuprofen are 200 or 400 milligrams, not more than every six hours. Overuse of NSAIDs over an extended period of time can cause side effects.
Dr. Allen	“It can lead to bleeding in their GI or stomach lining or tract.”
Dr. Krieger	“Particularly those who have reduced kidney function, they have been associated with kidney injury, in some cases.”
	For the Mayo Clinic News Network, I'm Jason Howland.