

## Some NSAIDs for Arthritis

### Over-the-Counter

Advil®, Motrin IB® (ibuprofen)  
Aleve® (naproxen)  
Doan's® (magnesium salicylate)  
Orudis KT® (ketoprofen)

### Prescription

Anaprox®, Anaprox DS® (naproxen)  
Ansaid® (flurbiprofen)  
Arthrotec® (diclofenac/misoprostol)  
Bextra® (valdecoxib)  
Cataflam® (diclofenac)  
Celebrex® (celecoxib)  
Clinoril® (sulindac)  
Daypro® (oxaprozin)  
Disalcid® (salsalate)  
Dolobid® (diflunisal)  
Feldene® (piroxicam)  
Indocin®, Indocin SR® (indomethacin)  
Lodine®, Lodine XL® (etodolac)  
meclufenamate  
Mobic® (meloxicam)  
Motrin® (ibuprofen)  
Nalfon® (fenoprofen)  
Naprelan® (naproxen)  
Naprosyn®, EC Naprosyn® (naproxen)  
Orudis®, Oruvail® (ketoprofen)  
Relafen® (nabumetone)  
Tolectin® (tolmentin)  
Trilisate® (c. magnesium trisaliclylate)  
Vioxx® (rofecoxib)  
Voltaren® (diclofenac)

## For More Information

- ❖ **LA Chapter American Arthritis Foundation**  
800-673-7508 (Toll Free)  
info.la@arthritis.org
- ❖ **National Institute of Arthritis & Muscle  
- Skeletal & Disease Clearinghouse**  
800-226-4267 (Toll Free)  
www.niams.nih.gov/

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WELLNESS:

## *A Guide To Managing Your Health*

## Using NSAIDs Safely for Arthritis

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Arthritis Series R3 - July 2003



### *What are NSAIDs?*

NSAIDs stands for "Nonsteroidal anti-inflammatory drugs." They are an important part of arthritis treatment.

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Just like all other medications, NSAIDs can have side effects. The best way to avoid these side effects is talk to your doctor. Your doctor, pharmacist, or other healthcare provider can:

- ❖ Tell you what side effects to look for,
- ❖ Tell you how to decrease the chances of side effects, and
- ❖ Tell you what to do should if you have side effects.

## NSAID Treatment



NSAIDs do not cure arthritis but they can help control the symptoms. NSAIDs work in two ways:

1. They relieve pain, and
2. They fight the inflammation that is caused by arthritis.

NSAIDs may be used for short-term and long-term pain relief. All NSAIDs work about the same, but each one is a different chemical, and each has a slightly different effect on the body.

### Some NSAID Side Effects :



### What Do I Watch For?

- ❖ Use of NSAIDs can cause an **upset stomach, heartburn, nausea**, and more dangerous side effects such as **stomach ulcers** or **decreased kidney function**.
- ❖ The longer you use NSAIDs the more likely you are to have side effects.
- ❖ If you get black, tarry stools or vomit that looks like coffee grounds, call your doctor at once. You may have a bleeding ulcer.



## Are you at Risk of Developing a Stomach Ulcer?

- ❖ **Have you ever had an ulcer or gastro-intestinal bleeding?**

YES  
 NO

- ❖ **Are you taking prednisone?**

YES  
 NO

- ❖ **Are you age 65 or older?**

YES  
 NO

- ❖ **Have you ever had stomach problems or stomach pains while taking your arthritis medicines?**

YES  
 NO

- ❖ **Are you taking more than one NSAID?**

YES  
 NO

If you answered "YES" to any of these questions, please see your doctor or pharmacist about your arthritis medicine. There are medicines available now, like Cox-2 inhibitors, that may be less harmful to your stomach.

## What are Cox-2 Inhibitors?

- ❖ Cox-2 inhibitors are a special class of NSAIDs.
- ❖ Cox-2 inhibitors include: Celebrex® (celecoxib), Bextra® (valdecoxib), and Vioxx® (rofecoxib).
- ❖ These medicines are called Cox-2 inhibitors because they block the Cox-2 enzyme.
- ❖ The Cox-2 enzyme plays a role in producing the pain and inflammation associated with arthritis.
- ❖ These medications were developed to reduce the stomach side effects that may be associated with NSAIDs.
- ❖ **Patients taking Cox-2 inhibitors must watch for stomach problems such as bleeding that may occur without warning.**

*Ask your doctor, nurse, and/or pharmacist about the information contained in this brochure.*

## Don't Keep Your Healthcare Provider in the Dark !



One way to prevent problems with NSAIDs is to talk to your healthcare provider. **Ask questions.** The more you know the better off you will be. Here is a list of questions to ask and also some information that you need to tell your healthcare provider.

### ASK YOUR DOCTOR or PHARMACIST

- ❖ **What is this medicine used for?**
  - ❖ **What are the side effects?**
  - ❖ **What do I do if I have these side effects?**
  - ❖ **Are there any special instructions?**
  - ❖ **What do I do if I miss a dose?**
- ### TELL YOUR DOCTOR or PHARMACIST
- ❖ **The names of all the medicines you are taking.**
  - ❖ **If you drink alcohol or smoke.**
  - ❖ **All your allergies.**
  - ❖ **Any medical problems other than the one you are being treated for.**
  - ❖ **If you are pregnant, may become pregnant or breastfeeding.**
  - ❖ **If you experience an adverse reaction to the medicine.**
  - ❖ **If you feel tired or fatigued.**