

MEDIA STATEMENT

DATE: 29th August 2017

PAGB response to study looking at prescribed NSAIDs and an increased risk of high blood pressure in arthritis sufferers

A precision ABPM study, carried out by University Heart Centre Zurich, has suggested that prescribed non-steroidal anti-inflammatory drugs (NSAIDs) - ibuprofen and naproxen, taken to treat pain associated with arthritis, may increase the risk of high blood pressure in arthritis sufferers.

John Smith, PAGB Chief Executive, said: “This study looked at patients who had been *prescribed* high daily doses of NSAIDs to treat the painful symptoms of long term conditions, osteoarthritis and rheumatoid arthritis. The research outlines that all of the patients in the study already had an increased risk for coronary artery disease, which could have influenced the findings.

“Within this study, the dose of ibuprofen taken was between 600-800mg, three times a day, which is significantly higher than the dose recommended for over-the-counter (OTC) short-term use. NSAIDs that are available to buy OTC are much lower doses than those prescribed and NHS Choices advises adults to take no more than 1,200mg of ibuprofen a day.

“People taking OTC NSAIDs should not be concerned by this research if they are taking the medicine occasionally for short periods and according to the on-pack instructions.

“It is important for people with a history of high blood pressure, heart disease or other long term conditions to speak to a pharmacist before taking any OTC medicine to check for any potential drug interactions or health concerns. OTC medicines should

only be taken in accordance with the on-pack instructions and patient information leaflet. Anyone who has concerns about taking a medicine should speak to a pharmacist for advice.”

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Notes to editors:

PAGB (Proprietary Association of Great Britain) is the UK trade association representing manufacturers of branded over-the-counter medicines, self care medical devices and food supplements.

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