



MEDIA RELEASE

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PAGB response to an article on *The Sun Online* linking over-the-counter cold medicine to an increased risk of heart attack and stroke

An article published on *The Sun* website has suggested that non-steroidal anti-inflammatory drugs (NSAIDs) and decongestants found in some over-the-counter (OTC) medicines to relieve symptoms of a cold, including pain, inflammation and nasal congestion, may be associated with an increased risk of heart attack and stroke.

John Smith, PAGB Chief Executive, said: "People taking OTC NSAIDs and decongestants should not be concerned by this research if they are taking the medicines occasionally for short periods and according to the on-pack instructions and patient information leaflet. Anyone who has concerns about taking a medicine, particularly people with high blood pressure, heart disease or other long term conditions, should speak to a pharmacist for advice."

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Notes to editors:

PAGB defines Self Care as the actions people take for themselves and their families to promote and maintain good health and wellbeing and to take care of their self-treatable conditions.

PAGB, the consumer healthcare association, represents the manufacturers of branded OTC medicines, self care medical devices and food supplements in the UK.

For further information please contact: Maria Boiling or Claudia Barnett on 01273 712000 / PAGB@thisispegasus.co.uk