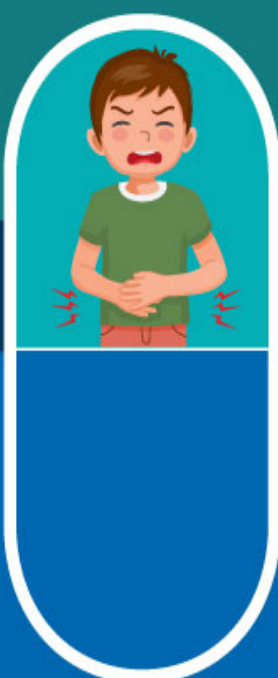


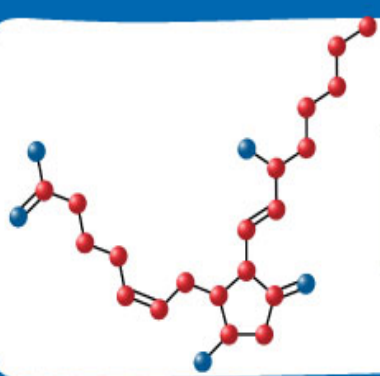
WHY IBUPROFEN MAY CAUSE GASTRIC ISSUES ON PROLONGED USE?



Prolonged use or overuse of ibuprofen may cause gastrointestinal problems such as indigestion and ulcer formation.

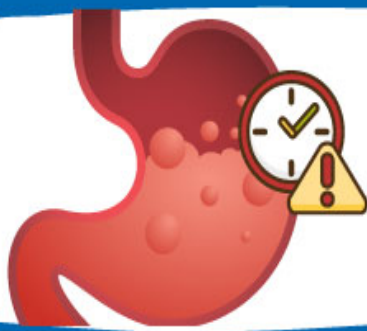
How does it affect you?

Prostaglandin compounds are required for maintaining an effective mucus-bicarbonate barrier, submucosal blood flow, and tissue repair in the stomach lining.



Ibuprofen blocks both pro-inflammatory and beneficial prostaglandins

Causes topical injury to the gastric mucosa



Delays healing

How to reduce side effects?



Take Ibuprofen at the end of a full meal

Take Ibuprofen along with a proton pump inhibitor such as omeprazole (Your doctor needs to prescribe one)



References

1. Non-steroidal anti-inflammatory drugs and gastrointestinal damage—problems and solutions; BMJ Journals
1. Review article: cellular and molecular mechanisms of NSAID-induced peptic ulcers; Wiley Online Library
2. Guidelines to Help Reduce the Side Effects of NSAIDs (Nonsteroidal Anti-inflammatory Drugs); HSS