

Shocking Medical News! Urgent Warning!

Tylenol, Advil & ALL NSAIDs Increase Heart Attacks

Hidden Government Report Warns of Dangers to Arthritis Sufferers – with Little Benefit for Pain

Dear Friend,

As a medical doctor, I know that many of you are in daily pain and you are desperate to find relief. I know that many of you turn to Tylenol, aspirin, Advil or Aleve – or their generic counterparts ibuprofen and acetaminophen – believing that they will get rid of your pain safely.

Older people take the most pain relievers – 30-40% use these drugs regularly.

Millions more of you take a daily aspirin for your heart.

However, the truth is, these pills are extremely dangerous and I am very alarmed by the mushrooming number of deaths and illnesses they cause – especially for those over 60.

Now, the latest news is that *all* NSAID pain pills, including Celebrex, increase your risk of heart attack, stroke and death. I have suspected this for years, and now there's proof! These supposedly harmless pain relievers increase your risk of heart attack, stroke and death by two to four times!

The scientist who investigated the dangers says...

"We never thought we'd see 2-fold and 4-fold increased risks."

British Medical Journal, 2011



Ibuprofen (Advil) increased risk of stroke by nearly 3 and a half times!

Think you're safe if you have normal cholesterol and no heart problems? Nope! A Danish study published in June 2010 found that healthy people also had increased cardiovascular risk from taking common pain relievers for minor complaints.

(Circulation, June 8, 2010)



ABC News – Breaking News Acetaminophen (Tylenol) Linked to Hearing Damage!



“In the study of 26,000 male health professionals, men who used over-the-counter pain killers twice a week were 16 to 99 percent more likely to report a hearing a loss.

...people under 50 who regularly take acetaminophen (Tylenol) face a nearly 100 percent chance of having hearing damage.”

Other pain pills like aspirin, Advil and Motrin also damage hearing, but Tylenol-type drugs caused the most hearing loss. Hearing specialists say the pain pills chemically damage the hair cells of the inner ear and cause DNA damage over the long term.

The American Journal of Medicine, March 2010.

Millions of people take these types of pain pills like candy because they just don't know how dangerous they are. Scientists who know, say put a black box warning on them. I say...

Stop taking dangerous pain relievers and take a safe, natural alternative!

All those cute little purse-size packets of ibuprofen and Tylenol sold next to the candies and those gigantic super saver bottles – how could you know they are so deadly?

I'm so alarmed by what's happening with pain medication in this country that I developed my own natural pain formula – Isoprex.

I was so horrified by the dangers of seemingly harmless pain pills that I vowed to do something about it. I spent many sleepless nights searching through scientific studies to find safe, natural ingredients that could stop pain – without the stomach and brain bleeding side effects.

Many of the ingredients in **Isoprex** have been used in traditional cultures to stop pain – and now scientific studies are proving

that they really work – especially if you take them correctly. The ingredients in **Isoprex** also reduce inflammation – one of the root causes of pain, joint deterioration, muscle pain and other chronic ailments. And most importantly – they are safe!

Do not underestimate the dangers of on-going inflammation to your health.

Inflammation is the villain that erodes your joints, damages your heart, destroys brain cells – and is at the bottom of your pain. Inflammation is at the root of just about every chronic illness. You can't be healthy until you deal with the inevitable inflammation that you have with age.

I strongly recommend that you attack inflammation every day just to stay ahead.

Scientific studies show older people have more inflammation than younger people.

– and many doctors think aspirin is the answer, without considering the dangerous consequences. Keep reading to find out why **Isoprex** is a safer alternative for your pain and inflammation.



The ingredients in **Isoprex** have all been shown to be safe and many of them work as well or better than dangerous over-the-counter pain pills.

Here are just five of the many testimonials about how **Isoprex** stopped their pain.



"Definitely Recommend It!"*

"My husband Johnny and I have both been taking it, and to our pleasure **Isoprex** has helped a lot.

I am 58 and have always had foot problems...which tend to cause a lot of pain when I am on my feet a lot. I also have a heel spur that would keep me awake at night [**Isoprex**] has helped tremendously – and sometimes a little help is all you need! We appreciate a good "natural" product and will definitely recommend it."

– Barbara J., Panama City, FL

"My Joint Aches Have Vanished!"*

"I have been taking **Isoprex** as directed for 9 days and my arthritis pain has vanished. This is a great product. I was taking 3 narcotic pills a day (maximum allowed) and I am happy to be off this prescription and without pain again."

– Paul H.

"Pain Free After One Day!"*



"After reading what **Isoprex** would do, I sent for 3 bottles.

After the first

day of taking 6 pills I was pain free. My knee joint is not touching yet, so replacement is not an option now that I have **Isoprex**.

My knees are 83 years old, so this is a good test of your product. Thanks again for coming out with a non prescription that works."

– Edwin M., Callaway, FL

"Nothing Worked... Until Isoprex"*

"My daughter, 17 years old, has had a history of heart ailments which have burdened her for her entire life. We have tried numerous prescriptions and nothing has helped. She also suffers from periodic headaches. She has taken ibuprofen, aspirin, acetaminophen, etc. Again, to no avail. Nothing works. Nothing until now. "She recently tried some **Isoprex** for a minor headache, and much to our surprise, it went away. The next time she started with chest pains, I was wondering ... if [**Isoprex**] would do anything. And believe it or not, it did! It made her chest pain bearable to the point that it was almost gone!

"We couldn't believe it! I just wanted to write to you and tell you: THANK YOU ALL very, very much for creating such a product that would make her pain go away."

– John A.

"Relief of severe back pain and arthritis within 24 hours of starting Isoprex!"*



"I have just ordered my second 6 months supply of **Isoprex**. I have suffered from severe back pain radiating down both legs for over 30 years. All attempts to relieve it have been unsuccessful. I was delighted by the relief I experienced within 24 hours of starting the **Isoprex** regimen. I have also had noticeable relief from the pain and swelling due to extensive arthritis. Thank you for this safe and effective product. I recommend it highly to anyone and everyone!!!"

Sincerely,
Donna S. - Ankeny, IA

*Testimonials are verbatim from actual Isoprex customers. Results may vary.

Tylenol Maker Hides the Truth

Most of you probably know about the recall of millions of bottles of contaminated Tylenol. But what you may not know is that the FDA says the makers of Tylenol hid the evidence of contamination for over a year and did nothing about it.

And CNN Money (January 26, 2010) reports that they may be hiding the truth about the real cause of the contamination, too.

Tylenol's maker blamed a chemical in wooden pallets – but the pallet industry says that chemical isn't even used in America! All this hiding and misinformation about contaminated medical products is very troubling.

THE WALL STREET JOURNAL.

Breaking News on Dangers of Daily Aspirin!

February 23, 2010

The U.S. Preventive Services Task Force says taking a daily aspirin may be too dangerous for people over 60. Older people have a greater risk of dying or severe side effects from bleeding in the stomach and brain caused by the aspirin than having a heart attack or stroke. Daily aspirin is not recommended for anyone 80 years or older.

Ask your doctor if aspirin is recommended for you under the new guidelines.



However, I am even more alarmed that the dangers of Tylenol and other pain pills like Advil, Aleve and aspirin continue to be *hidden*.

A leading gastroenterologist is as alarmed as I am. Here's what he says about aspirin and ibuprofen (Advil)...

"...their chronic use, particularly among the elderly and those with arthritis, is linked to serious and potentially fatal GI injury and bleeding."

President of the American College of Gastroenterology

A study in Spain found that...

90 percent of people who died from ibuprofen or aspirin were over 60.

American Journal of Gastroenterology, August, 2005

I'm especially alarmed because a recent survey of over 800 people by the American Gastroenterological Association discovered that...

... people over the age of 60 were more than twice as likely to be misinformed about the safety of these pills!

It's not your fault. Many of you grew up taking aspirin and ibuprofen before doctors knew they were so dangerous. They are sold everywhere – right next to the candy, so of course you think they are safe.

The message simply hasn't gotten out. These are dangerous drugs – especially for older people!

Because I specialize in cardiology, I know that many of you take a baby aspirin daily to prevent heart attacks. Did you know that you are NOT supposed to take ibuprofen or naproxen along with a daily aspirin – not even occasionally?

**Seniors
who take a
daily aspirin
plus an
occasional
ibuprofen**



**[Advil] or naproxen [Aleve]
for pain relief increase risk of
ulcers, perforations and internal
bleeding by two to three times.**

Annual Scientific Meeting of the American College of Gastroenterology, October, 2005.

I tell my heart patients who must take a daily aspirin and who also want pain relief about safe, natural **Isoprex**. And now the United States government's task force has proven me right. They recently told doctors to be very, very careful about giving daily aspirin to people over 60 – and never to give it to people over 80!

U.S. Department of Health & Human Services Massive Cover-Up?

Government Report Revealed Dangers of Pain Pills for Arthritis Sufferers – 9 Years Ago!

In May, 2002, the government agency responsible for health research, the Agency for Healthcare Research and Quality, released this report "Managing Arthritis." It said that

NSAIDs...

- Can damage joint cartilage metabolism! (Just what you don't want if you have arthritis.)
- Increase your chance of going to the hospital with ulcers, bleeding and perforations by four to five times
- Increase your medical costs
- Barely help osteoarthritis pain
- Hardly help arthritis sufferers get around better

That is the real shocker! They are dangerous and they barely work to stop your pain.

FDA Hides Heart Safety Data

Plus, in 2005, the British Medical Journal revealed that the FDA (the U.S. agency responsible for making sure your drugs are safe and effective) was HIDING safety data and adverse effects on clinical trials of NSAIDs. All of the data on adverse effects was not made public – complete data on heart safety was only made available in 3 out of dozens of clinical trials.

How many deaths from heart attack and stroke could have been prevented if the FDA had not hidden Big Pharma's dirty secrets?

"...the public's health justifies full access to the safety data submitted by industry to the FDA"... with full disclosure of adverse effects.

British Medical Journal, 2005

Why risk your life from internal bleeding when many of the ingredients in Isoprex work just as well for pain relief?

You may have heard that Tylenol doesn't cause internal bleeding. That's true. It doesn't relieve inflammation either – and stopping inflammation is one of the things you must do to protect your joints, heart, brain, lungs – every organ in your body must be protected against chronic inflammation. *Time Magazine* said that inflammation is the silent killer – and they were right.

Isoprex stops inflammation by controlling all 8 pathways of inflammation and pain. That's why it's so effective.

"Hidden" Tylenol is the Greatest Danger

The other problem with Tylenol is that just a slight overdose can damage your liver so badly you will need a liver transplant – if you live that long. And, once again, seniors over 60 are at the highest risk.

Unfortunately, acetaminophen [Tylenol] is "hidden" in over 200 prescription medications that also contain an opiate – and those are the ones that have caused two out of three liver transplants due to liver failure. You can take an overdose without even knowing it – and need a liver transplant within hours.

Do Aspirin, Tylenol, Advil and Others Even WORK?

That's what you really want to know. Is the benefit worth the risk? If they get rid of your pain, you might be willing to risk it.

A national pain survey found that two out of three people who suffered from chronic pain said No; over-the-counter pills didn't work to get rid of their pain.

And a 2004 Norwegian study that reviewed 23 previous clinical studies of all types of NSAIDs including Tylenol, aspirin, Advil, and prescription Cox-2 drugs reported...



NSAIDs don't work better than sugar pills in the short term for stopping pain of knee osteoarthritis.

These scientists concluded that...

Long-term use of NSAIDs does more harm than good.

British Medical Journal, 2004

NSAIDs like Aleve, aspirin and Advil

- Increase risk of falls by 10 times...
- double your risk of erectile dysfunction...
- weaken your immune system...
- raise blood pressure...
- make it hard for men to urinate ...
- may cause bleeding in the brain...
- the list of problems due to these pills goes on and on...

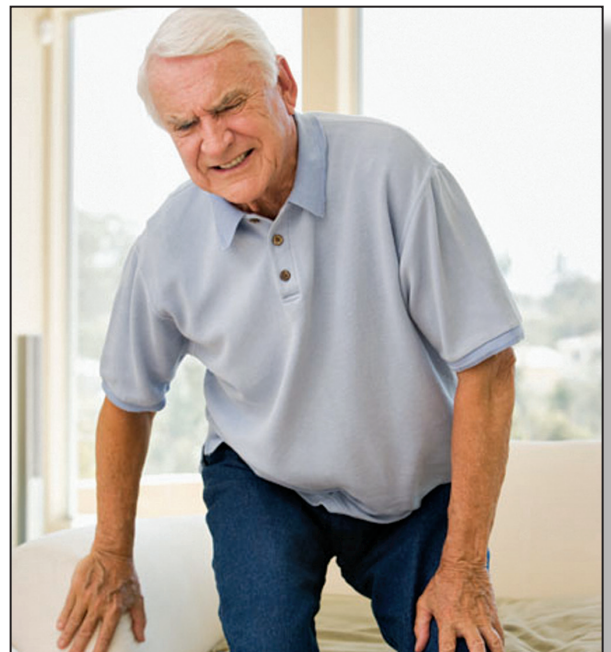
Now you see why I am so alarmed about these kinds of pain pills and why I so strongly encourage you to take a natural remedy like **Isoprex**.



Isoprex Helps Relieve Pain – So You Get Your Life Back!

Do you suffer from ...?

- Sore knees
- Backache
- Aching hips
- Stiff fingers and joints
- Headache
- Inflammation
- Sore muscles



When you have pain you walk like an old person – stiff and hunched over. Other people start thinking of you as “old” and you do too. It doesn’t have to be that way.

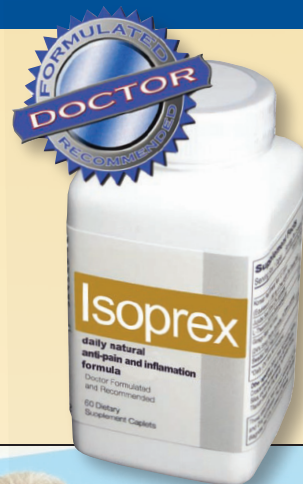
Pain doesn’t just come from one direction – it can speed through 8 different inflammation pathways to cause you excruciating suffering.

Isoprex Ingredients Stop Pain 8 Ways!

Plus, Isoprex can work fast.
Some customers report
it stopped their pain in **ONE DAY**.

My specially selected ingredients...

1. Neutralize "bad" COX-2 without affecting "good" COX-1 – so you reduce inflammation and pain and keep your stomach safe.
2. Shut down the prostaglandin E-2 (PGE-2) that destroys joint tissue and causes searing pain – so you keep walking and moving pain free.
3. Block the inflammatory enzyme 5-LOX that increases pain – so you can enjoy life again.
4. Shut down the deadly inflammatory cytokine TNF-alpha that flares up during the flu and other inflammations – so you don't worry about flu season this year.
5. Reduce iNOS, an enzyme that produces too much nitric oxide and leads to inflammation – stops pain dead in its tracks.
6. Lowers oxidation and free radicals that can cause damage throughout your body – gives you the key to long-term health.
7. Reduce NF Kappa B (NF-kB) – conquers the villain in lung inflammation.
8. Slow down isoprostanes that increase your perception of pain – help get rid of the pain you feel – your number one goal.



Twenty years ago it was hard to get good information about natural ingredients. But today we have hundreds of scientific studies proving that natural remedies work to stop pain and inflammation – without the dangers of drugs.

The Isoprex Formula is Based on the SCIENCE OF SAFE, NATURAL PAIN RELIEF

*Stops the pain
-- safely*

Perluxe Hops Extract

This proprietary ingredient is as potent in relieving inflammation as ibuprofen.

Inflammation Research, 2003, Supplement 2:S123

You can walk better!

Boswellia Extract

A "gold standard" study found Boswellia decreased knee pain and swelling and increased knee flexibility and walking distance.

Phytotherapy, 2003;10(1):3-7.

Reduces swelling

Bromelain

An enzyme derived from pineapple that reduces swelling and helps relieve inflammation and pain from some types of surgery, sprains, strains, bruises and backaches.

Plast Reconstr Surg. 2006 Dec;118(7):1640-4.

Helps Arthritis

Turmeric (Curcumin)

Inhibits the specific type of inflammation found in osteoarthritis. *Arthritis & Rheumatism, 2006;54:3452-64*

*Relieves All
Kinds of Pain!*

Vitamin D3

Erases "all-over" muscular/joint pain, back pain and reduces pain felt from all causes.

Pain Topics. June 2008, at

<http://Pain-Topics.org/VitaminD>

Less migraines

Feverfew Leaf

Reduces pain and frequency of migraine headaches.

Cephalalgia. 1998;18:704-708.

Strengthens bones & joints

Calcium

Calcium deficiencies may contribute to joint and bone pain.

Helps arthritis

Cat's Claw

A medicinal bark from the Amazon used to treat arthritis.

Complem Therap Clin Prac. 2007 Feb;13(1):25-28.

No more free radicals

Wild Oregano leaf

Fights inflammation with rosmarinic acid which inhibits COX-2. High antioxidant power sweeps away free radicals.

Helps absorb nutrients

Biperine Pepper Extract

This patented pepper extract increases absorption of natural ingredients by 30%.

Planta Med; 64(4):353-6. 1998.

*As Good as
ibuprofen to Stop Pain!*

Baikal Skullcap

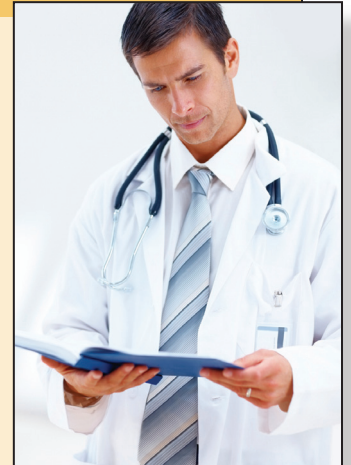
Inhibits cytokines that are the real inflammatory killers in flu deaths and rivals ibuprofen's pain-killing benefit.

Anesth Analg. 2003;97:1724-1729.

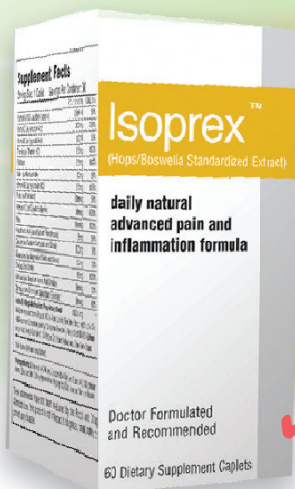
3 "Doctor" Secrets to Making Isoprex Work Even Better....

As a doctor, I know you have to take natural products *correctly* to get the best relief from pain. Here are my secrets to the most effective pain relief with Isoprex...

1. Have accurate expectations. Many people have been told that natural remedies don't work. Not true. Let me tell you **ISOPREX WORKS.**
2. Take the right amount for your "Responder Type." Not everyone responds to medications and supplements the same way. If you are a Medium or Slow Responder, take 2 caplets, 3 times daily for one to three months then take a maintenance dose of 1 caplet twice a day. I suggest you order the 6-month supply to save money and have enough on hand.
3. Keep taking it – even when you travel. You want to get your inflammation down and keep it down. Don't let up even for one week. Order the 6-month supply to save money or sign up for my bargain Auto-Ship offer so you don't run out and have to start all over again.



Doctor-Formulated Isoprex Helps Bring Soothing Comfort to...



- ✓ Neck aches
- ✓ Sore muscles
- ✓ Lung and respiratory inflammation
- ✓ Back discomfort
- ✓ Stiff fingers
- ✓ Creaky elbows
- ✓ Tingling nerves
- ✓ Aching hips
- ✓ Inflammation flare-ups
- ✓ Sore knees
- ✓ Swollen ankles
- ✓ And much more!



The longer you take **Isoprex**, the better it works to relieve your pain – because you are keeping your inflammation down. If you have “breakthrough pain” you can double or triple your dosage as needed.

Unlike dangerous pain pills, Isoprex is safe – even at higher dosages.



There's only one way to end your risk of internal stomach and brain bleeding, erectile dysfunction, dangerous falls, urinary problems, liver damage, hearing loss and more from over-the-counter pain pills – stop taking them!

Replace dangerous pain pills with my safe, all-natural, doctor-formulated **Isoprex**. I guarantee it works for you or it's free. You have 60 days – that's two full months – to try **Isoprex** with no financial risk whatsoever. If you aren't completely satisfied, simply return the unused portion and I will refund your complete purchase price – no questions asked. What drug store gives you that kind of guarantee?

I personally urge you to order **Isoprex** today – and I strongly recommend that you order the special offers that will save you a lot of money. That way I'll know that you'll be taking it regularly. This is so important to me that I'm offering you incredible savings on three bottle, six bottle and the Auto-Ship offers.

Sign Up for My Bargain AutoShip Offer to Get Isoprex Regularly – So You Don't Run Out and Risk Inflammation and Pain Getting Ahead of You.

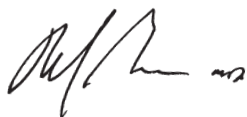
I never want you to skimp on your dosage or skip days to save money! That's why I'm offering such incredible savings.

Isoprex is the answer to safe, effective pain and inflammation relief. I want you to take it daily to stay ahead of inflammation. Keeping inflammation in check is one of the most important things you can do as you get older – it's a continuing effort. Save money and save yourself from pain by always taking **Isoprex** regularly – and taking enough.

Because I know it works, I guarantee that **Isoprex** will help relieve your pain and inflammation – or your money back. You don't get that kind of guarantee at the drug store for medications!

With **Isoprex**, you no longer have to worry about the dark side of pain medications – and you can start enjoying your life again without the stiffness, inflammation and pain that make you feel old.

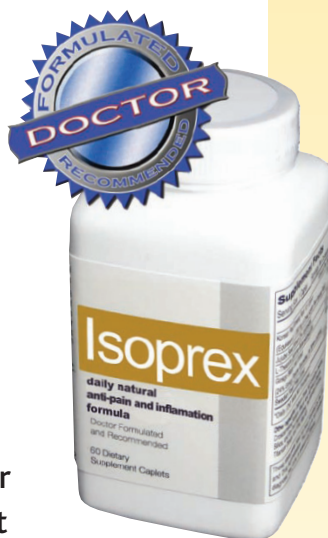
To Your Healthy, Pain-Free Life,



William S. Gruss, MD

For Renaissance Health

P.S. I urge you to follow my "doctor secrets" on page 10 to get the best pain and inflammation results from **Isoprex**. Order the 6-bottle supply at the lowest price, get **FREE Shipping** and save a whopping \$115.65. Order Today Toll FREE at 1-866-482-6678.



3 Ways to order your Isoprex today...

1. BY MAIL:

Fill out the order form on page 16 and return it in the postage-paid envelope to:

Renaissance Health
925 S. Federal Highway
Suite 500
Boca Raton, FL 33432

2. CALL TOLL-FREE:

1-866-482-6678 or
1-561-750-1418

3. ORDER ONLINE:

See web address above
your name on order form

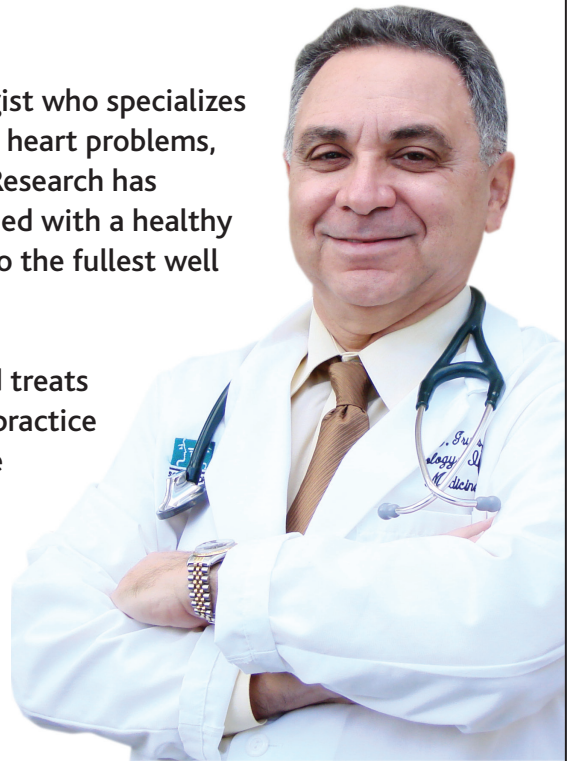
My Truly Incredible Guarantee for Isoprex

1. I guarantee that **Isoprex** is all that I say it is or I will refund your complete purchase price.
2. I guarantee that you take no financial risk by ordering **Isoprex**. You can take up to 60 days to try **Isoprex**. If you are unsatisfied, just return the unused portion and I will refund your complete purchase price – no questions asked.

About William S. Gruss, M.D.

Dr. Gruss is a well respected Internist and Cardiologist who specializes in cardiac care for patients who suffer from chronic heart problems, high cholesterol and blood pressure, and diabetes. Research has convinced Dr. Gruss that the right nutrients combined with a healthy lifestyle can help you live longer and live your life to the fullest well into your 80s and 90s.

Dr. Gruss is Board Certified in Internal Medicine and treats mostly patients who are over age 50 at his private practice in Boca Raton, Florida. Dr. Gruss is a graduate of the University of Maryland Medical School and did his residency and Fellowship in Cardiology at the prestigious Mt. Sinai Medical Center in Miami.



Get Up to Three Special Reports FREE Just for Trying Isoprex!

A
\$38.85
VALUE!

Growing Younger:

20 Ways to
Beat Father
Time with
Mother Nature

A \$12.95
Value!

FREE REPORT #1:

Growing Younger: 20 Ways to Beat Father Time with Mother Nature

A \$12.95 value -- FREE with every order!

Discover Mother Nature's remarkable secrets for living healthier, stronger, longer! This guide to a "younger you" is packed with powerful natural alternatives to restore youth and vitality. You'll discover:

- Weight-loss herbs that power up your body's fat-burners
- Natural stress relievers that don't leave you feeling groggy
- Libido boosters that work for men and women of all ages
- Fast-acting energy nutrients for that "get up and go"
- The #1 youth-enhancing anti-oxidant known to science
- Anti-aging foods that let you eat your way to longevity
- And more!

Nature's Healing Wonders:

Drug-Free
Solutions For
Common Health
Problems

A \$12.95
Value!

FREE REPORT #2:

Nature's Healing Wonders: Drug-Free Solutions for Common Health Problems

A \$12.95 value- FREE with your order of a 3-bottle supply or more!

Discover a gold mine of safe, natural remedies that help you stay healthy without risky drugs or surgery. This Special Report brings you up to speed on:

- The latest natural strategies for high blood pressure
- Nutrients that can improve your memory and brain power
- Natural ways to dissolve arterial plaque
- The latest drug-free relief for allergies, headaches, and insomnia
- New approaches for diabetes and managing blood sugar
- New and better ways to reduce your risk for cancer
- The latest solutions for keeping prostate problems in check
- And more!

Don't Fall for These Supplement Scams!

A \$12.95
Value!

FREE REPORT #3:

Don't Fall for These Supplement Scams!

A \$12.95 value - FREE with your order of a six-bottle supply or more

With so many nutritional supplements on the market, how do you choose wisely? And how can you avoid being "taken in" by supplements that don't live up to the promises on the label? This Special Alert shows you how to separate the good from the bad so that you can buy nutritional supplements with confidence. It tackles issues like:

- Tip-offs that you're not getting the highest-quality ingredients
- What to look for in nutrient dosage levels
- How to tell natural ingredients from cheaper synthetic forms
- The #1 reason that a supplement may fail to work
- Supplements that may actually do more harm than good
- And much more!

You're Completely Protected by Our 60-Day Money-Back Guarantee

You don't risk a cent by giving **Isoprex** a chance! Our promise is simple. If you're not completely impressed with **Isoprex** within 60, simply return your unused portion and we'll send you a full refund of your purchase price. No questions asked!

Order your Isoprex today...

- 1. BY MAIL:** Fill out the order form on page 16 and return it in the postage-paid envelope to: Renaissance Health,
925 S. Federal Highway, Suite 500
Boca Raton, FL 33432
- 2. CALL TOLL-FREE:** 1-866-482-6678 or 1-561-750-1418
- 3. ORDER ONLINE:** See web address above your name on back cover

Sign Up for Auto-Ship and Save!

With Auto-Ship, you'll never run out of **Isoprex** and the daily relief it brings. You'll receive a month's supply (1 bottle) every month shipped to you automatically. And with Auto-Ship, you can count on:

- **Free Shipping**—That's a savings of \$59.40 every year!
- **A Locked-In Price**—You're guaranteed today's low price for at least 12 months.
- **No Obligation**—You can cancel your Auto-Ship delivery any time just by calling our toll-free number.
- **Pay As You Go**—Your credit card is billed one month at a time, so there's no big upfront cost.

It pays to take **Isoprex** daily to receive the maximum pain and inflammation-fighting benefits, so you don't ever want to run out of it. Now with Auto-Ship, you never will!



ISOPREX 60-DAY RISK-FREE ORDER CERTIFICATE

So Powerful, Safe and Fast — Isoprex Changes Everything

We Know About Relieving Pain and Supporting a Healthy Inflammation Response!



YES!

I want to relieve my pain and inflammation safely. If I'm not 100% thrilled with Isoprex for any reason, I can return the unused portion within 60 days, for a full refund of the purchase price, and keep the FREE GIFTS no matter what! Please send me:

☐ **BEST DEAL:** SAVE over 33% on a six-bottle supply.

I pay only \$179.95 (Regular Price: \$269.70) plus get three Special Reports and FREE S&H. Recommended to get full benefits!

☐ **GREAT DEAL:** SAVE over 25% on a three-bottle supply.

I pay only \$99.95 (Regular Price: \$134.85) plus get two Special Reports and FREE S&H.

☐ **GOOD DEAL:** SAVE over 11% on a one-bottle supply.

I pay only \$39.95 plus \$4.95 S&H (Regular Price: \$44.95) and get one Special Report.

☐ **PLEASE SIGN ME UP FOR AUTOSHIP.** I'll pay just \$39.95 per month with free S&H (a \$59.40 annual savings), and I'll never run out of Isoprex. I may cancel my Auto-Ship option at any time with no further obligation.

Method of Payment:

☐ My check or money order is enclosed for U.S. \$ _____

(Make check payable to Renaissance Health. Please allow 3-4 weeks delivery on all orders paid by check or money order.)

☐ Please bill my: ☐ MasterCard ☐ VISA ☐ AMEX ☐ DISCOVER

Card No: _____

Expiration Date _____ Amount: \$ _____

Signature _____

(As it appears on your card):

Telephone: (_____) _____

(In case we have a question about your order.)

E-Mail Address: _____



FOR FASTEST DELIVERY CALL TOLL-FREE 1-866-482-6678

Return with payment in the enclosed postage-paid envelope to:
Renaissance Health, 925 S. Federal Highway, Suite 500, Boca Raton, FL 33432
To order online, see web address above your name at the top of this form.

Urgent Breaking News: Major Medical University Studies and FDA warn...

**Aspirin, Tylenol or Advil
Could be “Silent Killers.”**



**The information
in this issue could
Save Your Life!**

- Dr. William S. Gruss, MD
Cardiologist

**They help you feel “prepared”
and more secure against the
aches and pains of life just having
them in your bathroom, purse
or glove compartment...**

BUT they can be DEADLY!





“I’ve got a splitting headache. Do you have an aspirin?”



“My back is killing me, I have to take some Tylenol.”



“Gotta take an Ibuprofen. My arthritis is acting up again. Every joint in my body hurts!”

Dear Friends,

It's become the modern American way of life. Many Americans don't hesitate to take one, or two, or three or more pain pills several times a day if they have a twinge of arthritis or a sore back.

If you have a bottle of pain pills handy, you're not alone.

Over 33 million Americans take their little pain pills regularly.

You can buy them just about anywhere – in the cute little tins or the tiny travel-size bottles or the giant family-size economy bottle.

They are so common that many patients never even mention they are taking them if they are asked to list their medications.

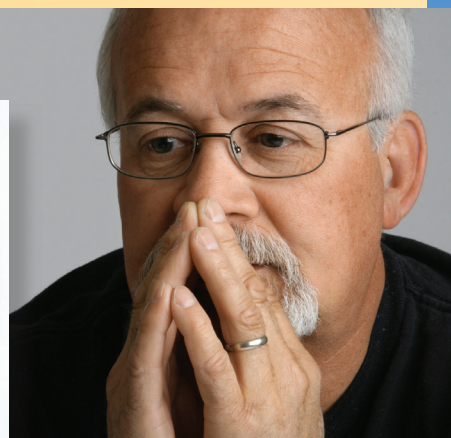
“They just didn’t seem important enough to mention,”

said one in five patients in a doctor’s survey.¹

Believing that these pills “aren’t that important” is a huge mistake.

This attitude “reflects a common misperception that these medications are insignificant or benign, when actually their chronic use, particularly among the

elderly and those with arthritis, is linked to serious and potentially fatal GI injury and bleeding,” says Dr. David Johnson, MD, president of the American College of Gastroenterology.²



Because most Americans have such a familiar relationship with these pain pills, it's almost impossible for them to believe that they are, in fact, powerful, dangerous and even *deadly* medications.

Who's at the highest risk of dying from internal bleeding from pain pills?

People over 60.

“...elderly patients are in the highest risk category for GI bleeding.”

Dr. Nenna S. Abraham, MD³



Americans simply do not know how dangerous these pain relief drugs are. And those who are at the highest risk – people over the age of 60 – are the most misinformed.

In a survey of over 800 people commissioned by the American Gastroenterological Association...⁴

- Adults over 60 were more than twice as likely to understate their risk from pain pills.
- Over half of the people surveyed didn't know anything about the side effects of these pills.
- 7 out of 10 people surveyed said they were at low or no risk when actually 6 out of 10 people were at moderate to high risk of GI bleeding.

Do you think you know the truth about the NSAIDs Advil (ibuprofen) Aleve (naproxen), and aspirin or the pain pill Tylenol? Tylenol (acetaminophen) does not cause GI side effects and does not reduce inflammation. It is not called a NSAID (Non-Steroid Anti-Inflammatory Drug).

Take the test below and find out how much you know about what's in your bottle of pain pills. It could save your life or the life of someone you love.

7 BELIEFS ABOUT PAIN PILLS - ARE THEY TRUE OR FALSE?

1. Store-bought NSAID pills like aspirin and ibuprofen are safer than prescription NSAIDs for stomach problems and GI bleeding.

True _____ False _____

Answer: FALSE

According to an American Gastroenterological Association survey, this false belief is especially alarming because three times as many people who take over-the-counter pills take more than the recommended dosage compared to prescription users. People who take *both* over-the-counter and prescription NSAIDs are the most likely to be hospitalized with ulcers.⁵

2. Taking low-dose “baby” aspirin for your heart is safe and won’t cause internal bleeding.

True _____ False _____

Answer: FALSE

One study found that “no particular dose of aspirin between 75 mg and 300 mg daily... is free of risk of causing bleeding. Low-dose aspirin does not eliminate risk, but it may reduce it ...”⁶

A recently published study conducted in Spain found that about one third of all hospital deaths related to GI bleeding were due to aspirin or NSAIDs like ibuprofen. *One out of three of these cases was due to low-dose aspirin.* Nearly six percent of the 8010 people who were admitted to the hospital for bleeding died.⁷



Ninety percent of those who died were over 60 years old.

Another study warns that seniors who take a daily aspirin plus an occasional ibuprofen or naproxen for pain relief increase their risk of ulcers, perforations and internal bleeding by two to three times.⁸

“Aspirin can significantly increase the risk of problems among patients using other over-the-counter NSAIDs,” said leading researcher Joseph Biskupiak, PhD, of the University of Utah.⁹

If you take aspirin, don’t take other pain pills.

3. If you take NSAIDs but don’t have any stomach pain, blood in your stool, or other digestive symptoms, you’re okay.

True _____ False _____

Answer: FALSE

The American College of Gastroenterology says “...significant [internal] bleeding occurs frequently without any symptoms being present.”¹⁰

The Shocking Truth is... four out of five people who have serious internal bleeding, ulcers or a perforated intestine have NO prior warning signs.¹¹ Once you are in pain, vomiting blood, or have blood in your stool – the damage has been done. Get to a hospital.



4. You have to take a lot of NSAIDs for a long time to cause real damage.

True _____ False _____

Answer: FALSE

A leading NSAIDs researcher says,

“Thirty milligrams is sufficient [to trigger erosion of the stomach lining.]”¹²

Researchers in Ontario Canada found that healthy volunteers who were given ibuprofen for 30 days had internal blood loss nearly four times greater than the placebo group.

Bleeding began *as early as three days after* starting the ibuprofen and continued the entire duration of the study. The study authors say that even though the dose was higher in this particular study, they know from previous research that blood loss, anemia and other adverse events can happen *at any dose* of ibuprofen.¹³

“...ibuprofen was thought to have the least harmful effects on the GI tract. However, our study shows that healthy, young people and older people are at great risk of internal bleeding...”¹⁴

Another study found that more than 70 percent of people who took painkillers like ibuprofen for as little as three months suffered damage to the small intestine.

“We saw some ulcers and lots of erosions,” said Dr. David Y. Graham of the Baylor College of Medicine in Houston. “None of the volunteers in this study had any symptoms.”¹⁵

The doctors determined they had bleeding ulcers and erosions with an endoscopic camera.

5. These kind of pain pills work great at relieving pain in knee osteoarthritis – the most common reason for taking them.

True _____ False _____

Answer: FALSE

WHAT?!

You mean these dangerous pills don’t even work that well? Every drug has a risk/benefit ratio and the rationale for these pills is that they have a high risk *and* a high benefit score. As one scientist said, “If the drugs didn’t have such benefits, we’d have taken them off the market some time ago.”¹⁶

Well, what if they really *don’t* have such great benefits for pain relief?

A national pain survey found that two out of three people who suffered from chronic pain said their over-the-counter pain pills were not effective.¹⁷

A 2004 Norwegian study published in the *British Medical Journal* is the best evidence so far about the effectiveness of NSAIDs against the pain of arthritis. The researchers pooled the results of 23 previous clinical trials to find out just how useful all types of NSAIDs and COX-2 prescription drugs were in relieving pain in knee osteoarthritis.¹⁸ Their study found that...

NSAIDs didn’t work short term much better than sugar pills.¹⁹

“Long term, placebo-controlled trials on these types of common pain pills have not been done.”²⁰

“In our view, it is highly likely that long term use of NSAIDs does more harm than good...”²¹

Say that again?

In the short term, these dangerous pills don’t work much better than a sugar pill. And nobody has done a “gold-standard” study to find out how well they work in the long term. And they probably do more harm than good for hip and knee arthritis.

Tens of millions of Americans take these pain pills every day for *years*, risking their lives from internal bleeding and other serious side effects (see below), and there have been *no* long-term trials proving that they even work better than a placebo.

A pain survey found that on average, seniors took OTC pain pills for five years. Fifteen percent took them for more than 20 years.²² And there have been *no* trials to find out what the long-term health consequences are. This is almost unbelievable – except that it’s true.

We do have some clues about how dangerous these pills are, even though no double-blind long-term studies have been done – and it’s horrific. Conservative calculations estimate that arthritis sufferers *alone* have 16,500 deaths every year from *prescription* NSAIDs only – not even counting store-bought pills. That’s equal to the number of people who die from AIDS every year.²³

*No one knows how many people die from over-the-counter pain pills.*²⁴

According to the researcher who collected the data on prescription NSAID deaths,

“The figures of [deaths] of all NSAID users would be overwhelming...”²⁵



Deaths from prescription NSAIDs alone would constitute the 15th most common cause of death in the United States.²⁶

No study to date has attempted to quantify how many people die from both prescription *and* over-the-counter NSAIDs. If they did, the numbers would be horrific.²⁷

6. Tylenol (acetaminophen) doesn't cause GI bleeding so it's safe to take.

True _____ False _____

Answer: FALSE

Tylenol doesn't cause intestinal bleeding, however taking slightly too much can cause liver failure and death.

Dr. Tim Davern of the University of California, San Francisco, and his colleagues tracked 662 patients with liver failure at 23 transplant centers across the United States. Acetaminophen poisoning was to blame in nearly half of the patients. The proportion of cases linked to acetaminophen rose from 28 percent in 1998 to 51 percent in 2003.²⁸

The problem is that more and more products contain acetaminophen. Narcotic pain medications like Vicodin or Percocet contain acetaminophen, and as users need to increase their narcotic dosage for severe pain, they are also increasing their dosage of acetaminophen.

Without warning, their livers could crash.

Some products do not clearly state that they contain acetaminophen or the dangers.

Taking a flu medication, a sleep aid like Nyquil, and an extra-strength pain pill for arthritis can put you over the limit.

Nearly two thirds of the people in the transplant centers were taking one of 200 prescription drugs that contain acetaminophen plus an opiate.

“It’s extremely frustrating to see people come into the hospital who felt fine several days ago, but now need a new liver. Most had no idea that what they were taking could have that sort of effect,”

says Dr. Davern in an interview with *The New York Times*.²⁹

Dr. Charles Cain, director of anesthesia at New York Presbyterian Hospital says the average adult should not exceed 4 grams of acetaminophen a day.³⁰

As of July, 2009, the FDA advisory committee has recommended that drug companies no longer combine acetaminophen with prescription drugs or that they must carry a black-box warning and that the maximum daily dosage of four grams be lowered. It did not recommend a new maximum dosage. The dosage recommendation on several OTC was also lowered.



7. The only side effects you need to worry about are GI problems for NSAIDs and liver problems for Tylenol.

True _____ False _____

Answer: FALSE



Erectile Dysfunction Linked to NSAID Use

NSAIDs have been linked to increased risk of ED in middle-aged and elderly men. Men using NSAIDs had nearly twice the risk of having ED. That's a high price to pay for popping a few pain pills.

Journal of Urology, 2006.

How Safe Are the Drugs You Take?

Is Maker of Tylenol Lying? – CNN Money

Over 60 million bottles of Tylenol-related product were recalled by Johnson & Johnson in the first week of 2010. Customers were



sickened by tainted pills that smelled bad.

Johnson & Johnson claims that the pills were contaminated by a chemical in wooden pallets called TBA. The National Wooden Pallet and Container Association is crying foul.

The chemical TBA is not even used on pallets in the United States, says the president of the association.

The association also demands that Johnson & Johnson explain how this chemical, even if it had been present in pallets, could have spread through various layers of cardboard and plastic packaging into the bottles.

Jan 26, 2010



FDA Slams Tylenol Maker's Delay in Tainted Pill Recall – ABC News

FDA says Johnson & Johnson first received complaints about the bad smell in 2008 and testing confirmed its presence in September, 2008.

"They became aware of a problem in September 2008 and their investigation and report to the FDA didn't occur until about a year later..."

Karen Hirshfield, FDA

"[The maker of Tylenol] should have acted faster."

Deborah Autor, FDA

Jan 15, 2010

Our Comment: What is the FDA going to do about it?

Harvard Doctor says... Don't take new drugs!

20 Percent of Drugs Given to Consumers Ultimately Found to Have Life-threatening Adverse Effects – Harvard Medical School



Twenty percent of all new drugs are found to have serious or life-threatening adverse effects unknown or undisclosed at the time of drug approval, according to a study published in JAMA, the Journal of the American Medical Association.³⁶

“Twenty million patients, almost 10 percent of the U.S. population, were exposed to the five drugs withdrawn from the market between September 1997 and September 1998.”³⁷ That’s just in ONE YEAR. Millions more since then have been exposed to Vioxx, Bextra and other drugs with life-threatening side effects.

“...drug companies push the public and doctors to use new drugs that are more profitable but also more dangerous.”³⁸

Dr. Paul Allen, MD
Harvard Medical School

“...we have recommended to doctors and patients not to use new drugs until they have been on the market for at least five years, unless the drug is an important advance over existing treatments, which is rarely the case.”³⁹

Dr. Sidney Wolfe
Public Citizen’s Health Research Group

“If there is a safer, effective drug that has been in use for a number of years, I would strongly recommend it over a newer drug...”⁴⁰

Dr. Karen Lasser, MD
Harvard Medical School

“Adverse drug reactions are believed to be a leading cause of death in the United States.”

JAMA, May, 2002

Weakened Immune System Tied to Advil, Tylenol and Aspirin

Richard Phipps, PhD, University of Rochester, says, “By decreasing antibody synthesis, NSAIDs have the ability to weaken the immune system which can have serious consequences for children and the elderly.” *Cellular Immunology, Nov 2009. Science Daily.*

Low-Dose Aspirin Increases the Risk of Falls by 10 Times

In hospitalized elderly patients, there was a significant association between NSAID use and falls, an effect largely accounted for by low-dose aspirin and the side effects of dizziness, confusion and drowsiness. *American Journal of Health-System Pharmacy, Dec 2005.*

High Blood Pressure Raised by Advil, Aleve, Tylenol and Aspirin

A study of 2,000 men found that compared with men who did not use the pain pills, the risk of high blood pressure went up 38 percent in men who took NSAIDs daily and increased 26 percent in men who took aspirin daily. *Archives of Internal Medicine, Feb 26 2007.*

Steven Nissen, MD, president of the American College of Cardiology said that it’s “probably true” that these common pain pills raise blood pressure, though only a full-scale clinical trial can prove it. *WebMD*

Urinary Symptoms of Enlarged Prostate Get Worse with NSAID Pain Pills

In men who already have enlarged prostate, NSAIDs can make urinary symptoms worse – especially acute urinary retention when men find they cannot empty their bladder. *Harvard Men's Health Watch*, September 2007

Kidney Function Declines with Long-Term Use of Tylenol

In a study of women in Boston, one in ten of the 1,700 women studied over 11 years experienced a 30 percent decline in their kidney function which was associated with taking Tylenol. *Archives of Internal Medicine*, 2004.

NSAIDs Plus Blood Pressure Meds Increase Risk of Kidney Failure

An Australian survey of 609 people over 50 years old found that almost nine out of ten people increased their chance of suffering kidney failure by combining NSAIDs with two different blood pressure medications such as ACE inhibitors or ARBS together with a diuretic. *Pharmacy News*, July 2009



Headaches, Dizziness, Ringing in Ears, and Drowsiness Are Most Common Symptoms of NSAIDs

Tired all the time, have headaches and dizziness? It could be your NSAIDs.

These are the most common side effects.

Canadian Family Physician, 1989.

Skin Reactions Afflict 3 to 9 Percent of Elderly NSAID Users

Have you had hives, sensitivity to sun, dermatitis or other “mystery” skin problem? It could be your pain pill. A wide variety of skin reactions may occur due to the use of NSAIDs says a study in the elderly.³¹

Canadian Family Physician, 1989.

Very Rare Reaction to Acetaminophen, Skin Drops Off

A young Swedish woman had an extreme reaction to acetaminophen and woke up with her entire face and body covered in severe, disfiguring blisters. The very, very rare reaction caused the woman’s skin to fall off. She recovered and her skin eventually healed.

ABC News, Jan 18 2009

Her doctor said, “This very horrible disease underlines the risk you have while taking a rather harmless drug.” He adamantly stated that if you take any medication, make sure you really need it.

Congestive Heart Failure, Death and Hospitalization Increased by NSAIDs

NSAIDs are harmful to heart-failure patients says a new study. The risk of death and returning to the hospital increased with all NSAIDs.³²

Archives of Internal Medicine, 2009

“Our results suggest that all NSAIDs have harmful effects in heart-failure patients, even naproxen at high doses. Naproxen is probably the best of the bunch, but it still increases fluid retention, which is bad news for heart-failure patients,”

said Dr. Gislason, the author of the study.³³

“... Making NSAIDs available in gas stations and supermarkets gives the impression that they are not harmful. Many heart-disease patients will not be aware that they shouldn’t take them.”³⁴

The authors conclude that patients with heart failure should, if possible, avoid using NSAIDs.

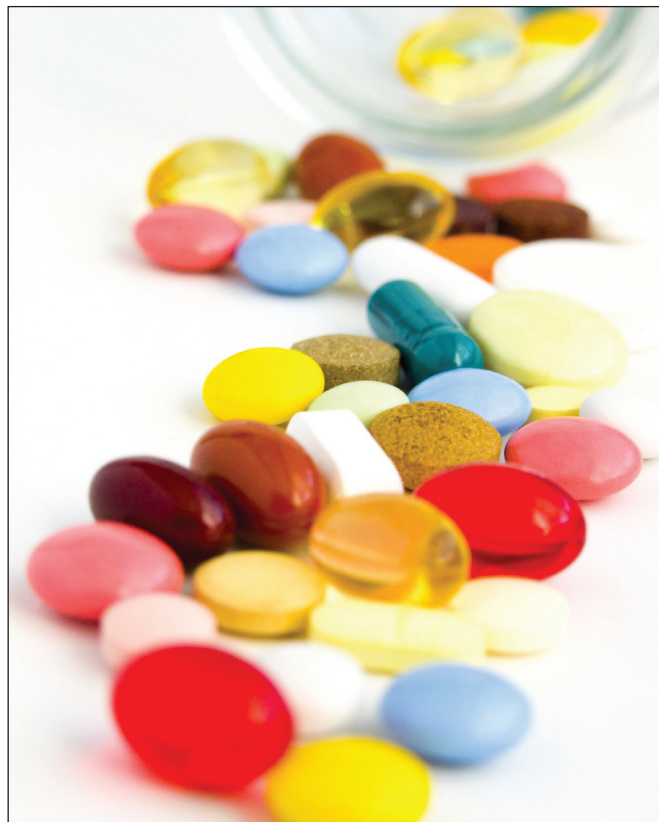


Have You Seen This FDA Statement About Dietary Supplements? It's NOT TRUE.

“Unlike drugs, dietary supplements are not pre-approved by the government for safety or effectiveness before marketing.”
<http://www.fda.gov/Food/DietarySupplements/ConsumerInformation/ucm110493.htm>

This statement implies the FDA *proves* that drugs are both safe and effective before marketing. Not true. Many drugs are put on the market with known safety problems.

It implies that dietary supplements are potentially as dangerous as drugs. Not true. Dietary supplements have an amazing record of safety based on usage for decades.



It implies that no dietary supplements are “pre-approved.” Not true. *New* dietary supplement ingredients, ones that have not been sold in the United States before 1994, must be pre-approved by the FDA for safety.

Natural Health News Report

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Top 9 Nutritional Supplements That Help Pain and Inflammation

Omega-3 Fish Oil

Not only can omega-3s significantly reduce joint pain and shorten the duration of morning stiffness, but studies, such as those reported in the *American Journal of Clinical Nutrition*, show that increased levels of omega-3 fatty acids also have enabled people to stop or reduced their intake of NSAIDs.

Arthritis Today, Dec 17, 2009

Vitamin D3

An analysis of 22 clinical studies of patients with varied chronic pain and fatigue syndromes found almost all patients lacked vitamin D, U.S. researchers said. Stewart B. Leavitt, editor of Pain Treatment Topics, said when sufficient vitamin D supplementation was provided, the aches, pains, weakness and related problems in most of the patients either vanished or were at least helped to a significant extent.

Pain Treatment Topics, June, 2008.

Boswellia

A randomized, double blind placebo trial of knee arthritis found that Boswellia decreased knee pain and swelling, and increased knee flexibility and walking distance.

Phytomedicine 2003;10(1):3-7.

Hops Extract

A specific extract of hops (Perluxan) relieves inflammation as well as ibuprofen, without side effects.

Phytomedicine 2003;10(1):3-7.

Cat's Claw

The bark of this South American vine is traditionally used to reduce inflammation and treat arthritis.

Complementary Therapies Clinical Practice. 2007 Feb;13(1):25-8.

Feverfew

The premier herb for migraines recommended by the German Commission. Reduces pain and frequency.

Cephalalgia. 1998;18:704-8.

Turmeric

Inhibits the specific type of inflammation in osteoarthritis.

Arthritis & Rheumatism. 2006;54:3452-64.

Bromelain

Bromelain is an enzyme derived from pineapple that reduces inflammation and pain.

Evidence-based Complementary and Alternative Medicine. 2004 Dec 1(3):251-57.

Baikal Skullcap

Potent anti-inflammatory herb from Asia is effective in relieving age-related inflammation.

Mechanisms of Aging and Development. June 9, 2006.



What Do You Do Now?

Perhaps after reading this Special Edition of *Natural Health News Report* you decide you don't want to increase your risk of bleeding to death, having erectile dysfunction, falling, having headaches and dizziness, increasing your blood pressure, weakening your immune system, suffering from painful urinary problems, wrecking your kidneys and having a painful ulcer. If you've had heart failure, you don't want to make it worse.

But you still have pain.

According to the American Pain Foundation....

“Nearly all of those with chronic pain turn to alternative treatments regardless of the medications they are using or the nature of their pain.”³⁵

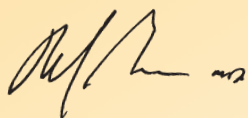
There are effective alternative solutions to pain without the devastating side effects of NSAIDs and Tylenol.

WebMD says ...

“In the past decade, strong evidence has been accumulated regarding the benefits of mind-body therapies, acupuncture, and some nutritional supplements for treating pain.”

I hope I shed some light on the real dangers and possible deadly effects NSAID painkillers can and have been proven to have. I urge you to take a good look in your medicine cabinet, your purse, or wherever you keep your pain pills handy, and consider a natural, safer alternative to these possible “silent killers”.

To your health,

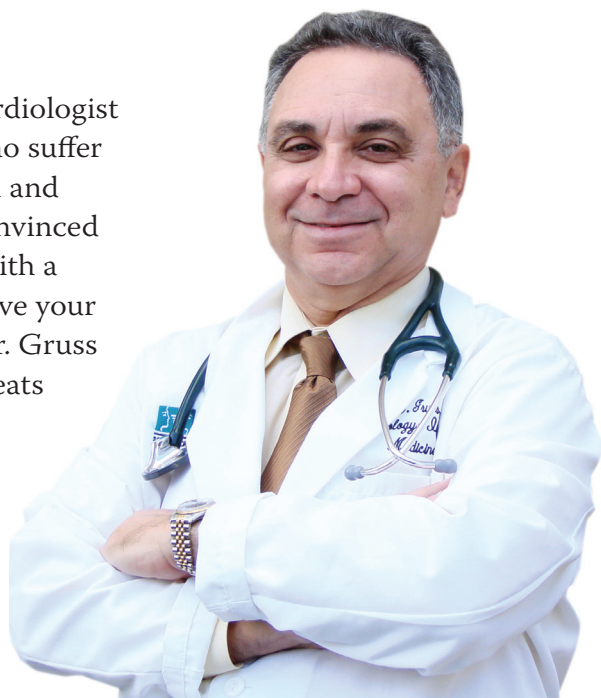


Dr. William S. Gruss, MD

For Natural Health News Report

About William S. Gruss, M.D.

Dr. Gruss is a well-respected Internist and Cardiologist who specializes in cardiac care for patients who suffer from chronic heart problems, high cholesterol and blood pressure, and diabetes. Research has convinced Dr. Gruss that the right nutrients combined with a healthy lifestyle can help you live longer and live your life to the fullest well into your 80s and 90s. Dr. Gruss is Board Certified in Internal Medicine and treats mostly patients who are over age 50 at his private practice in Boca Raton, Florida. Dr. Gruss is a graduate of the University of Maryland Medical School and did his residency and Fellowship in Cardiology at the prestigious Mt. Sinai Medical Center in Miami.



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