

## Arthritis Drugs - Is the Cure Worse Than the Disease?

**R**esearch is always ongoing into new and better medications for arthritis which is a very good thing. But where is all this leading us?

- Of course we need effective pain medication for arthritis to enable sufferers to live normal lives.
- But are all these expensive medications controlling the disease or simply masking the symptoms?

Here's a "quick and dirty" lowdown on what's currently available both "over the counter" (OTC) as well as on prescription only.



### For Mild Situations of Arthritis -

Some milder cases of arthritis never make it into the doctor's surgery. Indeed the sufferer might not even be aware that they are suffering from arthritis at all. They may be feeling a few aches and pains" that they put down to senior years or even the cold damp weather conditions.

- That may be all well and good, but even OTC medications can be dangerous if taken over a long period of time.
- The thought of more is better" also can happen when the pain gradually becomes worse.
- This can lead to serious side effects.
- OTC medications include aspirin as well as ibuprofen.
- These kinds of medicines can cause intestinal bleeding and kidney damage in large doses.
- Aspirin also ruins vitamin C in the body leading to lower immunity.

### For More Advanced Arthritis-

By this particular stage most people have consulted their doctor. Prescription medication during this period normally consists of the Nonsteroidal anti-inflammatory drugs or NSAIDS. These do target the pain and inflammation of joint disease symptoms but have a range of side effects including stomach upset, abdominal pain, and ulcers.

*People with high blood pressure, those with kidney issues and especially people who have heart problems are especially at risk with NSAIDS.*

- Enter the COX-2 inhibitors.
- These have been designed for people whose stomach problems can not put up with the aforementioned.
- Unfortunately the risks remain for chest pain, heart attack and stroke victims.

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**Diet For Gout Sufferers - Safe And Helpful Tips** A painful form of arthritis, gout is a condition where there are increased levels of uric acid in your body. Uric acid results in pain while you move as it hardens and collects around joints. Uric acid is derived from purines which typically occur...

### For Advanced Arthritis-

For those suffering extreme pain and swelling the medical profession brings out the heavy artillery - Corticosteroids. These kinds of drugs contain man made cortisone and can be injected directly into the affected joints or taken orally.

- Long term use of these may produce sleep problems, weight gain, osteoporosis and loss of defense.
- Available too to those for whom nothing else seems to work are usually Biologic Response Modifiers (Biologics).
- Biologics are derived from live options, plants and animals and are not manufactured chemically.
- They are mainly used for sufferers of Rheumatoid Arthritis and are given intravenously or even by injection.
- They can not be taken in tablet form.



Gout

- Biologics suppress the immune system which leaves people prone to infections.
- They are also very expensive and can't be stored without freezing.

Also available mainly to Rheumatoid Arthritis sufferers are Disease-modifying anti-rheumatic drugs (DMARDs) These work by stopping the immune system from attacking the joints. DMARDs may take up to three months to reduce symptoms nevertheless they do help to stop joint damage although they cannot repair any previous damage.

Although these types of drugs are a boon to many, they work mainly at covering up the symptoms of arthritis and can't reverse the damage already brought on. Most people thinks that is impossible, it isn't!

*Natural treatments for arthritis do exist and can significantly stop some cases of arthritis, relieve pain and inflammation and in some cases, reverse joint damage.*

### Definitely Worth a Try!

About the author: Find out about the healthy way to deal with osteoarthritis, rheumatoid arthritis, **gout** and fibromyalgia. Visit: <http://www.natural-arthritis-medication.com> and sign up for our part course. Wendy Owen will be a health investigator and author.



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