

HEALTH HINTS

Just What The Doctor Ordered

(NAPSA)—If you're one of the millions of Americans living with minor arthritis pain, the good news is you don't need to look any further than your local drugstore shelf for a safe and effective treatment option.



You can treat minor arthritis pain safely without a prescription.

According to results of a recent national survey of several hundred orthopedic surgeons who treat bone and joint disorders, including arthritis, these specialists believe over-the-counter (OTC) pain relievers can be an effective alternative to prescription medication. In fact, 70 percent of those who responded say they recommend OTCs most often as a first-line treatment option to their patients with minor arthritis pain.

“Physicians are being more cautious about prescription pain relievers,” said David D. Dore, M.D., medical director of The Joint Replacement Center at Celebration Health. “Healthcare professionals are looking for two things when recommending pain medication—efficacy and safety. OTC pain relievers offer both.”

The survey measured how recent news about the safety of pain relievers affected the way orthopedic surgeons recommend medications for minor arthritis pain. A majority named Aleve as the overall most effective OTC medication, citing easy dosing with fewer pills and long lasting relief as top reasons.