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painkillers such as ibuprofen to help with aches but now comes a warning that elderly people who regularly takes such pills may be at an increased risk of heart failure new research analyse the effects of anti inflammatory drugs given to 10 million people but younger patients are unlikely to be affected medical correspondent Fergus walsh has more the findings

40 years and nut has struggled with rheumatoid arthritis she needs medication to help her control chronic joint pain and is prescribed died close enough but research says these and similar painkillers like ibuprofen and procter and increase the risk of heart failure now she faces a dilemma don't stop taking them on those parts my independence or guys carry on taking them and perhaps put myself at a greater risk that's the decision this lot of us out there will have to make over the next a few makes the researchers examined 27 non steroidal anti inflammatory drugs been taken on prescription by 10 million people in Europe overall the drugs increase the risk of being admitted to hospital with heart By 19 per cent compared to those not taking them but the study did not show the underlying or absolute risk

a fall medicines have potential side effects but the warnings from this research really only apply to the elderly the average age of the people in this study was 77 for them doctors need to be careful when prescribing painkillers as always it's a balance between risk and benefit leading pharmacists sought to reassure the public to panic you have the patience to pay if we take these drugs golf courses and is no evidence that this is a problem hold patients again really getting these drugs prescribed by a doctor and leading monitored closely anyway if people do have concerns they should speak to their GP or pharmacist for ibuprofen and other anti-inflammatories are very effective medicines but the elderly and those at risk of heart disease they need to be used with care Fergus walsh BBC news a difficult decisions you're watching BBC world news America still to come on tonight's