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 now if you're in your late 60s or older and you regularly takes some common types of painkiller will you could be putting yourself at increased risk of heart failure that's the finding of a new study which involved 10 million people across K the Netherlands Italy and Germany have had an average age of 77 all of them took substances known as and say is that short for non steroidal anti inflammatory drugs so the ingredients are things like ibuprofen nap Brooks then and diclofenac and have a well but that's all they are popular choice to help people cope with pain and inflammation and they're commonly used to treat both those things that and this is the headline from the research

people who did take them had a 19 % higher chance of being taken to hospital with heart failure so what does not amount to let's speak now to Professor Peter Weissberg open the British heart Foundation of 1st thanks for coming in but 19 % is a lot when it's not it sounds rather dramatic capture a bit of course if you're Yes but if you're no risk or very low risk of heart failure in the 1st place 90 % increase means secure 90 % high up on a very low risk and so it does depend a lot on what you're independent individual risk is that what this study was not able to take into account so it's prepped not as dramatic as it might sound would it be fair to say that obviously with older people the risk of heart failure heart problems is inevitably be considering magnified compared to the young people Yes so they they're the elderly of course are prone to have multiple problems particularly joint problems and take these drugs to two to to relieve the symptoms and they may have heart failure as well

but this is not techy new information we have been aware of this issue for some years and so doctors are are had been had been conscious of this and are usually very cautious in prescribing and the elderly particular there's lots of other drugs as well write me a note the with ibuprofen the result was a suggestion that they could be increased risk of heart failure liver failure we tend to hear this a lot of dry Yes Yes and none the less the idea that particularly when you get into the late 70s for example that even a bit less and that they rose to Should doctors be taking a different approach should is one of those things that we know about it it's gone into abeyance a little bit in in GPs night has gone into their inception have things been there all the time so I've never really taken the doctors do so hopefully that that the problems people could take some of these things over the counter the and that is the risk and so I think but the message to people who are taking these anti inflammatory drugs by the over the counter they really should 1st

talk to a doctor about whether this is a safe and sensible thing to be doing if they take it every now and again because they could Nick acute pain on cue problem that is not an issue that should be problems and if they are taking on a regular basis if you send me talk to the doctor and they should be aiming to have the lowest comfortable does another with the one that does the trick but without pushing the days up just in case it keeps the pain away for longer the sort of pre-empts my next question which was 9 ibuprofen has been around a sort of 1st available 1961 that's 55 years the tablet it would be my a anti inflammatory choice at so over 40 years I'd been taken out I'll take that regularly is they also build up affect the longer you take it the greater the not necessarily I think I think if your otherwise perfectly healthy you been taking on a regular basis not very high doses then then there is no reason to suppose that you're accumulating damaged as a consequence of this although because all of these drugs can do things you don't want to kid is

he already mentioned and and's the of this articles that can push people into heart failure if they're if they're on the verge of it in the 1st place so I think it is as with all drugs at she should never take any drug tall an issue really have to an end at the lowest possible does occur that's great to get some clarity on are quite headline had to say Peter thanks very much indeed