**[Lorraine](https://scout.tveyes.com/)**

09/29/2016 09:02:17 AM

* [ITV 1 London](https://scout.tveyes.com/) /

* [U.K. National](https://scout.tveyes.com/)

Millions of people taking painkillers could be at risk of heart failure, Hilary? On the front of the Daily Express this morning. What are we to make of that? People panic and think they cannot take ibuprofen. People by it over-the-counter. The headline is worrying on the face of it. But if you look at the study that has led to the headline, people who were taking the anti-inflammatories were on average 77 years of age, already in the risk category for heart failure. They

were taking it on prescription in a higher dose and for long periods of time for conditions like severe arthritis. If you buy it over-the-counter in normal dose and take it for a few days, you are not at risk hardly. It is predominantly in the elderly. If you have got arthritis you have to take something. If you have a high risk, if you have high blood pressure, talk to your doctor about it first. But always take any drug for the shortest duration you can.