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09/29/2016 01:42:05 PM

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 But first - People who regularly take anti-inflamatories could be at increased risk of suffering heart failure after a major study found a significant link. The research by the British Medical Journal looked at ten million people with an average age of 77. It found those that took anti-inflammatory drugs, such as ibuprofen, naproxen and diclofenac

were almost 20% more likely to be taken to hospital with heart failure than those that didn't. Joining me now is Neal Patel from the Royal Pharmaceutical Society and Dr Monah Mansoori. Let me start with you. That age group, first of all. What we are seeing is that there seems to be a higher risk in those who are older and who may already have a vulnerability or a susceptibility to heart conditions or other chronic diseases that can make them more at risk. These are the people most at risk. There is a risk among those in younger age groups as well. They need to be aware and have discussion about the benefits and risks. We need to talk about shrinking things

down. Do you know of other alternatives? Younger people who have not got those long-term conditions can take this medicine safely. As long as they use the lowest possible dose for the shortest amount of time. People who use it occasionally for headaches or sports injuries, it is not going to affect them. It is for the older people who have longer term conditions. You were telling one of our producers that the finding did not come as any surprise to you or to any collective of GPs so why is this making headlines today? It is such a large study. It adds great weight to something we already knew. We have already changed our prescribing practices for a number of years. We have taken people off of these medications for a number of years.

That point about frequency of use and people using it when they do not really need it, but they have got into the habit, does that require a fresh protocol between people who are prescribing, pharmacists, and GPs who are writing out the notes that pharmacists get? Absolutely. We need to make sure that when we spot people taking medication for a long period of time, perhaps they are developing worrying signs, weight gain, swelling on the ankles, shortness of breath. We should refer the patient to the GP straightaway to make sure that the medicines are not causing more trouble than they should. Going back to my career earlier on, we have reported many times on the pressures that GPs are under at the moment. Anyone who is

over 65 listening to a conversation who are worrying, what should they do? If they are on long-term medication of this sort, you can have a discussion with your GP about what you are using it for and whether you need to continue on that. In some cases, it is totally appropriate for you. It depends on the benefit and risk for each individual patient. Enlightening and instructive. Thank you. A full list of which painkillers are included on this watch list and what is on our website - itv.com/news Police are appealing