Taking painkillers ‘could cause heart failure’, experts warn

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[Simon Robb for Metro.co.uk](http://metro.co.uk/author/simon-robb-for-metro-co-uk/)Thursday 29 Sep 2016 3:48 pm

**Taking common painkillers could ‘increase your risk of heart failure’, experts have warned.**

A study has found that anti-inflammatory drugs (also known as NSAIDs), like ibuprofen and Aspirin, are putting people’s health at risk.

Researchers looked at ten million people, with an average age of 77, who took the drugs on a regular basis and compared them to people who didn’t take the pills at all.

The majority of those under 65 were not affected, but more elderly users showed a 19% increased risk of heart failure.

In total, 92,163 people among the group were hospitalised with heart conditions.

The study was conducted by the [British Medical Journal](http://www.bmj.com/content/354/bmj.i4857), which took data from people in the UK, Netherlands, Italy and Germany, between 2000 and 2010.

The British Heart Foundation said patients should be on the lowest dose possible of NSAIDs for the shortest possible time.

Professor Peter Weissberg of BHF said: ‘It has been known for some years now that such drugs need to be used with caution in patients with, or at high risk of, heart disease.

‘This applies mostly to those who take them on a daily basis rather than only occasionally.’

Read more: <http://metro.co.uk/2016/09/29/taking-painkillers-could-cause-heart-failure-experts-warn-6160176/#ixzz4OqhgP13I>