**Taking ibuprofen for just one day 'increases your risk of a heart attack by 48%'**

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**By**[**Tom Towers**](http://www.dailystar.co.uk/search/Tom+Towers)/**Published 10th May 2017**

**TAKING ibuprofen for one day could nearly double your risk of a heart attack, according to shock research.** They are most likely to occur within the first month of taking a high dose of ibuprofen or other common painkillers, researchers claim.

Experts looked at nearly 450,000 adults given non-steroidal anti-inflammatory drugs (NSAID).

These included popular over-the-counter pills like ibuprofen and other prescription-only medications.

The study, published in the British Medical Journal, said their effect on heart attack risk was almost immediate.

Canadian experts found taking any regular dose of ibuprofen for between one to seven days raised chances by 48%.

For diclofenac it went up to 50%, and naproxen 53%. Using the drugs for longer than one month did not increase risk more than with shorter use.

Past studies have found that common painkillers increase risk of cardiac arrest by up to a third.

Scientists fear the drugs may cause blood vessels to narrow, increase fluid retention and alter blood pressure.

“Taking any dose of NSAIDs for one week, one month, or more than a months associated with an increased risk of myocardial infarction (heart attack)”, wrote the researchers, led by Michele Baly of the University of Montreal Hospital Research centre in Canada.

“Prescribers should consider weighing the risks and benefits of NSAIDs before instituting treatment, particularly for higher doses.”

Dr Mike Knapton, from the British Heart Foundation, said: “This large-scale study worryingly highlights just how quickly you become at risk of having a heart attack after starting NSAIDs.

“Whether you are being prescribed painkillers like ibuprofen, or buying them over the counter, people must be made aware of the risk and alternative medication should be considered where appropriate.”

Sales of over-the-counter painkillers amounted to almost £600 million in the UK in 2015, and around 190,000 Brits are rushed to A&E with a heart attack each year.