

Short and Long-Term Effects of NSAIDs

Short-Term Effects (Common & Acute Risks)

- Gastrointestinal (GI): Heartburn, nausea, indigestion, gastritis, risk of GI bleeding.
- Kidneys: Temporary reduction in kidney blood flow, water retention, swelling, mild blood pressure increase.
- Cardiovascular: May raise blood pressure, worsen heart failure symptoms.
- Other: Headache, dizziness, drowsiness, allergic reactions (rash, wheezing, rare anaphylaxis).

Long-Term Effects (Chronic Use Risks)

- Gastrointestinal: Chronic gastritis, peptic ulcer disease, higher risk of major GI bleeding.
- Kidneys: Chronic kidney disease, electrolyte imbalances (e.g., high potassium).
- Cardiovascular: Increased risk of heart attack and stroke (especially with COX-2 inhibitors or high-dose use), worsening hypertension and heart failure.
- Other: Liver toxicity (rare but possible), delayed wound or bone healing.

Key Point for Patients:

NSAIDs are effective for pain and inflammation but should be used at the lowest effective dose for the shortest duration possible. Patients with a history of ulcers, heart disease, kidney disease, or who are on blood thinners should take extra caution.