

Are you taking any of the following painkillers or their derivatives?

- Tylenol
- Advil
- Excederin
- Aleve

IF YOU ARE, PLEASE BE AWARE OF THE SIDE EFFECTS OF THE COMMON PAINKILLERS LISTED ABOVE.

•**Tylenol** - difficulty breathing; closing of the throat; swelling of the lips, tongue, and face; hives; liver damage; yellowing of the skin and eyes (jaundice); nausea; abdominal pain and discomfort; severe fatigue; blood problems (easy, unusual bleeding and bruising); rash; peripheral neuritis; hypersensitivity reactions; optic neuritis; itching; decreased urine volume; difficult urination; bloody urine; weakness; fever; sore throat; severe dizziness.

•**Advil** - rash; ringing in the ears; headaches; dizziness; drowsiness; abdominal pain; nausea; diarrhea; constipation; heartburn; ulceration of the stomach and intestine; bleeding ulcers; black, tarry stools; weakness; orthostatic hypertension; reduced flow of blood to the kidneys; impaired function of the kidneys; congestive heart failure; asthma; disturbances of the gut; nausea; vomiting; diarrhea; indigestion; abdominal pain; bleeding from the stomach and intestine; perforation of the stomach and intestine; swelling of the lips, tongue and throat (angioedema); narrowing of the airways (bronchospasm); fluid retention; hearing disturbances; decreased number of platelets in the blood (thrombocytopenia).

•**Excederin** - difficulty breathing; closing of the throat; swelling of the lips, tongue, and face; hives; liver damage; yellowing of the skin and eyes (jaundice); nausea; abdominal pain and discomfort; severe fatigue; blood problems (easy, unusual bleeding and bruising); black, bloody and tarry stools; vomiting; uncontrolled fever; blood in the urine and vomit; decreased hearing and ringing in the ears; seizures; dizziness; confusion and hallucinations; heartburn; indigestion; nervousness; anxiety; difficulty sleeping.

•**Aleve** - difficulty breathing; closing of the throat; swelling of the lips, tongue, and face; hives; muscle cramps; numbness; tingling; ulcers (open sores) in the mouth; rapid weight gain (fluid retention); seizures; decreased hearing and ringing in the ears; yellowing of the skin and eyes (jaundice); abdominal cramping; heartburn; indigestion; dizziness; headache; nausea; diarrhea; constipation; depression; fatigue; weakness; dry mouth; irregular menstrual periods.

*These are the over the counter painkillers.
The prescription painkillers may have more severe side effects.*

Call us today at (831) 475-8600 to find out how we can help you or someone you care about without the use of these drugs.

The biggest challenge we face when helping patients with back pain and neck pain is that they've been using painkillers to mask their pain. The longer the pain is masked, the worse the damage becomes and the harder it is to reverse the spinal decay. Some develop spinal arthritis, which is very hard to manage, and they find themselves constantly in pain. Spinal decay is like a cavity. If ignored, it will get worse. The sooner we fix it, the better the outcome, the less chance of needing a root canal or spinal surgery.