



Diabetes Newsletter

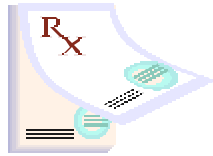
Control your
diabetes.
For Life.

PIKE COUNTY HEALTH DEPARTMENT

FEBRUARY, 2007

SOME PAINKILLERS AFFECT BLOOD PRESSURE

Most people can pop a pain-killer when they have a headache and it's no big deal. But things



are different if you have high blood pressure. Several medicines can raise blood pressure or interfere

with the action of drugs that lower blood pressure - and these medicines include popular non-steroidal anti-inflammatory drugs (NSAIDs) and related drugs called salicylates.

These drugs reduce pain and inflammation. They also may make the body retain water and salt, which can raise blood pressure. In addition, they may block the action of most blood pressure drugs. (Calcium-channel blockers seem to be the exception.)

Most NSAIDs and salicylates are prescription drugs. But some are sold over the counter (OTC). These include:

- Aspirin (sold under many brand names)
- Ibuprofen (Advil, Motrin, and other brand names)
- Ketoprofen (Orudis KT)
- Naproxen (Aleve)
- Choline salicylate (Arthropan)
- Magnesium salicylate (Extra Strength Doan's and other brands)

Also, be aware that some pain-killer combinations and even some drugs used for conditions other than pain contain an NSAID or salicylate. Examples include Vanquish, Excedrin Migraine, Goody's powders, Pamprin Maximum Pain Relief, and Alka-Seltzer.

Are there any OTC painkillers that won't raise your blood pressure? For a long time, scientists believed that acetaminophen (Tylenol and other brand names) had no effect on blood pressure. But a study published in 2005 found acetaminophen did increase the risk of high blood pressure in women. Further research is needed to define acetaminophen's effects on blood pressure.



If you have high or borderline high blood pressure, ask your doctor what to do when you have pain and inflammation.

Some painkillers increase blood pressure more than others. Also, there are ways to lessen pain without drugs.



Pineapple Fool

2 cups finely chopped pineapple,
fresh or canned in its own juice
1 cup fat-free whipped topping
1 tsp vanilla



Dark chocolate shavings
(purchase a bar of dark chocolate, use a
peeler to make shavings for 1 tsp per serving)
(optional*)

Makes: 6 servings

Prep Time: 15 minutes

1. Drain the pineapple well in a colander until it stops dripping liquid.
2. Mix the whipped topping and vanilla together. Just before serving, fold the pineapple into the whipped topping and divide among dessert dishes. Top each serving with chocolate, if desired.

Exchanges: 1 fruit

Cal: 47 Cal from fat: 1 Tot fat: 0 g
Sat fat: 0 g Chol: 0 mg Sod: 7 mg
Carb: 11 g Dietary Fiber: 1 g Sugars: 6 g
Protein: 0 g *Chocolate not included in analysis

**Pike County
Diabetes Support Group
113 E. Jefferson
Pittsfield, IL 62363**

Upcoming Diabetes Events:

For more information call:
Pike County Health Department 285-4407

Wed, Feb 14 - 12 noon - 1 pm

FREE Presentation on Osteoporosis
Barry Senior Center - 800 Frike Street

Tues, Feb 20 - 12 noon - 1 pm

Stroke and Heart Disease Awareness Luncheon
Pittsfield Assembly of God Church

RESERVATIONS REQUIRED

Call 285-4407 by Feb 15 for reservations

No Support Group in February.

Look for the next newsletter in May.