

Acetaminophen provides comparable relief, researchers say  
When it comes to WEDNESDAY, Jan. 23 (HealthDay News) --

ing low back pain, non-steroidal anti-inflammatory  
drugs (NSAIDs) such as naproxen and ibuprofen are no  
more effective than acetaminophen

That's the conclusion of researchers who  
reviewed more than 65 studies that included more  
than 11,000 people with low back pain

The review authors concluded that NSAIDs are  
&quot;slightly effective&quot; for short-term  
symptomatic relief in patients with acute and  
chronic low back pain without sciatica. But they  
said it's unclear whether NSAIDs work better than  
simple analgesics or other drugs. No kind of  
NSAID was obviously better than another

NSAIDs were not superior to acetaminophen,  
the researchers said

The researchers said the review data &quot;support guidelines for the management of low back pain in primary care that recommend NSAIDs as a treatment option after (acetaminophen) has been tried, since there are fewer side effects with (acetaminophen),&quot; said lead reviewer Pepijn Roelofs, a doctoral student at Erasmus University Medical Center in Rotterdam, the Netherlands

Roelofs and colleagues noted there's &quot;conflicting evidence that NSAIDs are more effective than simple analgesics and bed rest, and moderate evidence that NSAIDs are not more effective than other drugs, physiotherapy or spinal manipulation for low back pain

The review was published in the current issue of the journal The Cochrane Library

&quot;Currently, the long-term use of NSAIDs is

controversial because of cardiovascular adverse effects in patients with cardiovascular risk factors, such as previous angina pectoris, heart failure and myocardial infarction,&quot; Roelofs said