

NSAIDs are the most popular painkillers in Finland

Non-steroidal anti-inflammatory drugs, or NSAIDs, alleviate inflammation, pain and fever. Every year more than a million Finns use NSAIDs for various acute and chronic aches and infections.

- NSAIDs are mostly used to treat headaches, toothache, menstrual pain, pain caused by injury or surgery, and musculoskeletal pain and diseases. (Orion's brochure "Relief for pain and colds")
- NSAIDs inhibit the production of inflammation mediators. (Duodecim Terveyskirjasto)
- NSAIDs include ibuprofen, ketoprofen, naproxen and acetylsalicylic acid products. Ibuprofen is the most commonly used NSAID in Finland. (Orion's brochure "Relief for pain and colds")
- About a third of NSAIDs are bought over the counter. (Duodecim Terveyskirjasto)
- Naproxen is available without prescription in Sweden, Norway, the UK and the Netherlands. Diclofenac is available over the counter in Sweden, Norway and the Netherlands. (Finnish Medicines Agency Fimea)
- The use of NSAIDs increases with age. About 60% of NSAID users are women. (Current Care Guidelines)
- NSAIDs are recommended to be taken as a quickly absorbed tablet or capsule. Other options include injections, suppositories or products applied on the skin. (Duodecim Terveyskirjasto)
- NSAIDs should not be confused with paracetamol, which also alleviates pain and fever but does not inhibit inflammatory response. (Finnish Medicines Agency Fimea)
- The most common side effects of NSAIDs include stomach problems, skin reactions, bloating and high blood pressure. (Current Care Guidelines)

References and more information:

- Orion's brochure "Relief for pain and colds" available in pharmacies
- Duodecim Terveyskirjasto http://www.terveyskirjasto.fi/terveyskirjasto/tk.koti?p_artikkeli=khp00036
- Duodecim Terveyskirjasto http://www.terveyskirjasto.fi/terveyskirjasto/tk.koti?p_artikkeli=kha00060
- Current Care Guidelines <http://www.kaypahoito.fi/web/kh/suosituksset/suositus?id=hoi39001>
- Finnish Medicines Agency (Fimea): OTC medication selection in Finland now and in the future http://www.fimea.fi/instancedata/prime_product_julkaisu/fimea/embeds/fimeawwwstructure/28255_Itsehoitolaakevalikoima_Kurki_final.pdf
- Finnish Medicines Agency (Fimea): National OTC medicines programme, Fimea develops, evaluates and informs publication series 1/2015 http://www.fimea.fi/instancedata/prime_product_julkaisu/fimea/embeds/fimeawwwstructure/28244_KAI_1_2015.pdf
- Finnish Medicines Agency (Fimea): The good and bad paracetamol http://sic.fimea.fi/1_2012/hyva_paha_parasetamoli.aspx

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