

## 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](http://www.terveyskirjasto.fi/terveyskirjasto/tk.koti?p_artikkeli=khp00036)
- Duodecim Terveyskirjasto [http://www.terveyskirjasto.fi/terveyskirjasto/tk.koti?p\\_artikkeli=kha00060](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](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](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](http://sic.fimea.fi/1_2012/hyva_paha_parasetamoli.aspx)

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Orion is a globally operating Finnish company that develops pharmaceuticals and diagnostic tests - a builder of well-being. It develops, manufactures and markets human and veterinary pharmaceuticals, active pharmaceutical ingredients and diagnostic tests. The company constantly focuses on R&D into new drugs and treatment methods. The core therapy areas of Orion's pharmaceutical R&D are central nervous system disorders, oncology, and respiratory diseases for which Orion develops inhaled Easyhaler® pulmonary drugs. Orion's net sales in 2014 amounted to EUR 1,015 million, and the company had about 3,500 employees at the end of the year. Orion has production in Finland in six locations: Espoo, Turku, Kuopio, Salo, Oulu and Hanko. Orion is a Finnish Key Flag company and a major taxpayer; in 2014, it returned about EUR 113 million as various taxes for the well-being of society.