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*One-to-One Treatment Always
with a Licensed Professional*

Your Therapy Team

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Director of Physical Therapy
Jennifer Meier, MPT, CLT
Kevin Sadowski, DC, Cert MDT
Jennifer Cavanaugh, PTA

3,000 square foot facility
with private treatment
rooms

Providing Physical Therapy for:

Orthopedic Complaints
Post Surgical Rehab
Work Injuries
Auto Injuries
Back Pain
Neck Pain
Vertigo / Vestibular Rehab
Lymphedema
Headaches

Functional Capacity Evaluations

Specially Certified In:

McKenzie Technique
Lymphedema Management
Vestibular Therapy
Graston Technique
Mulligan Technique
Functional Capacity Evaluations

Payment

Accepting Medicare and most
major insurance. Letters of
protection accepted.

New Study Confirms

OTC NSAIDs Increase Risk of Hearing Loss among Women

Last October, the *American Journal of Epidemiology* published the first prospective study examining the correlation between regular NSAID (nonsteroidal antiinflammatory drug) use and hearing loss in women.¹ Multivariate-adjusted relative risk analysis demonstrates that regular ibuprofen and acetaminophen use increases the risk of hearing loss in women by 8% to 24% as the usage rates range from two doses per week to six or more doses per week. These results add to those of a previous study demonstrating that **men regularly using ibuprofen, acetaminophen, or aspirin increase their risk of hearing loss up to 99%.**² Regular NSAID use appears to have a greater effect on the hearing of men than of women, but both men and women are at increased risk.

This latest study adds to an **ever-growing body of evidence demonstrating that routine NSAID use - even over-the-counter NSAIDs - is not without risk.** Regular use of NSAIDs is connected with some positive outcomes in specific disease situations, but has also been connected with negative outcomes such as increased risk of colorectal cancer,³ bone destruction,⁴ and adverse reactions in the gastrointestinal tract, kidney, liver, dermis, and central nervous system.^{5,6} When patients report to you that they are routinely self-medicating with OTC NSAIDs for chronic or recurring pain conditions, **please keep in mind Enfield Health & Wellness Center as one of your options for reducing your patients' dependence on NSAIDs.**

In the *American Journal of Epidemiology* study, for each category of NSAID (aspirin, ibuprofen, or acetaminophen) 8 to 9% of participants reported usage rates of four or more times per week. The problem of inadequate pain management seems to be fairly common. Among the most frequent reasons for regular NSAID use were headache, muscle/joint pain, and backache. For each of these categories of complaints, physical therapy at Enfield Health & Wellness Center has a proven track record of reducing pain and reducing the need for analgesics.



Ibuprofen, acetaminophen, and aspirin may increase the risk of hearing loss up to 99%.



One-to-One Care by a Licensed Professional

At Enfield Health & Wellness Center, all scheduled time with your patient is one-to-one time with a licensed therapy professional. We do not use aides or trainers with your patients. We do not attempt to assess your patient while simultaneously monitoring other patients. We feel this difference results in physical therapy programs that progress more efficiently and in better satisfied patients.

References:

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2. Curhan S, Eavey R, Shargorodsky J, et a. Analgesic use and the risk of hearing loss in men. *Am J Med.* 2010; 123 (3): 231-237.
3. Choe E, Curhan G, Hankinson S, et al. Prospective evaluation of analgesic use and risk of renal cell cancer. *Arch Intern Med.* 2011; 171(16): 1487-1493.
4. Newman N, Ling R. Acetabular bone destruction related to non-steroidal anti-inflammatory drugs. *Lancet.* 1985; 2 (8445): 11-13.
5. Griffin M. Epidemiology of nonsteroidal anti-inflammatory drug-associated gastrointestinal injury. *The American Journal of Medicine.* 1998; 104 (3): 23S-29S.
6. Brooks P. Use and benefits of nonsteroidal anti-inflammatory drugs. *The American Journal of Medicine.* 1998; 104 (3): 9S – 13S.