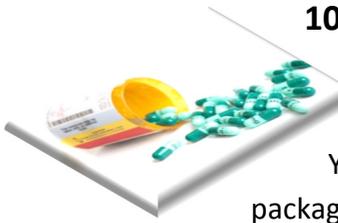


## 10 Commonly Used Drugs and Their Side Effects

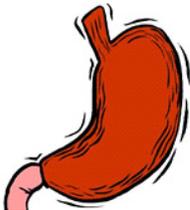


By Clifford Woods

You may have seen those patient information leaflets inserted inside the packages of the medicines you buy at the pharmacies. Not a lot of people read them. Most of them are just tossed off and forgotten when in fact, they contain very important information a patient has to know. Ninety percent of the leaflet consists of drug interactions, side effects, warnings, and so on.

All drugs come with side effects. Side effects can range from mild (just a minor inconvenience such as nausea and gastrointestinal issues) to severe (such as difficulty in breathing and internal bleeding, both of which are deemed life-threatening).

Some side effects are often tolerable, while others may turn out to be catastrophic. Heaven knows how many people were already harmed or killed by the hidden dangers of prescription drugs. Here are some examples of the drugs that come with side effects that actually include cancer, heart attack, stroke, birth defect, liver damage, uncontrollable bleeding, and heart failure.



1. Reglan (metoclopramide). Reglan is a short-term treatment for heartburn caused by gastroesophageal (*pertaining to the stomach and esophagus*) reflux. It increases muscle contractions in the upper digestive tract and speeds up the rate at which the stomach empties into the intestines.

High doses and long term use of Reglan causes serious movement disorder and may do irreversible damage. A number of cases of Tardive Dyskinesia which resulted from the use of Reglan have been reported. Tardive Dyskinesia is a neurological disorder causing uncontrollable rapid movements. It may even inhibit eating, talking, and walking.

2. Mirapex (pramipexole). Mirapex is used to treat Parkinson's disease and is also prescribed to people with Restless Leg Syndrome. The most common side effects of Mirapex are dizziness, headache, spinning sensations, or drowsiness. However, a patient can also experience serious side effects like memory problems and hallucinations.
3. Allegra (fexofenadine). Allegra is an antihistamine that reduces the effects of natural chemical histamine in the body. It helps patient get rid of hay fever and other allergic symptoms like sneezing, coughing, and itchy eyes. However, some unwanted effects may occur when taking this medicine and may require medical attention. Examples of these are

tightening of the chest, difficulty breathing, and swelling on face, lips, tongue, throat, hands, legs, or sex organs.

4. Vasotec (enalapril). Vasotec is used to treat hypertension or high blood pressure. It is also



used as a treatment for congestive heart failure, and other heart disorders. But as effective as it is in treating the said ailments, side effects that need medical attention can also occur such as blurred vision, confusion, lightheadedness, and unusual tiredness or weakness. It has also been reported that it can detrimentally affect almost all of your five senses.

5. Xenical (orlistat). Is used to aid in weight loss, or to help reduce the chances of gaining weight. Patients must follow a low-fat diet per meal because if they don't, disaster may follow. Some reported side effects include increased number of bowel movements, and an inability to control them, especially after eating meals containing more than the recommended amount of fat.

6. Crestor (rosuvastatin). Crestor is used to lower cholesterol levels in blood and to slow down the build-up of fatty deposits in the blood vessels. It is also used to lower the risk of stroke and heart problems, such as coronary heart disease and heart attack. Crestor, however, can also cause muscle tissue damage, kidney failure, and chronic or abnormal bleeding, especially if taken in high doses per day.



7. Paxil (paroxetine). Paxil is an antidepressant. It is used to treat depression, anxiety disorders, premenstrual dysphoric disorder, obsessive-compulsive disorder, and post-traumatic stress disorder. Like any other antidepressants, Paxil can increase suicidal tendencies in children, adolescents, and young adults.
8. Prozac (fluoxetine). Prozac is a widely used drug to treat major depressive disorder, obsessive-compulsive disorder, panic disorder, and bulimia nervosa. Prozac can be a dangerous drug as it increases the risk of suicidal thinking and violent behavior.

9. Fosamax (alendronate). Fosamax is used in women as a treatment for (or prevention of) osteoporosis that is caused by menopause. Alternatively, it is used in men as a treatment for osteoporosis caused by taking steroids. It is also used to treat Paget's disease of the bone, for both men and women. If not taken properly, Fosamax can cause severe side effects such as osteonecrosis of the jaw or jaw death, atrial fibrillation, joint and muscle pain, and inflammation and ulcers of the esophagus.



10. Effexor (venlafaxine). Effexor is an antidepressant drug used for treatment of major depressive disorder, panic disorder, and anxiety disorder. Just like any other antidepressant drug, it is reported that this increases the risk of suicide during the early stages of treatment. If taken during pregnancy, it can cause serious congenital defects in babies.

These are just some of the commonly used prescription drugs that have serious and nasty side effects. These side effects can be even more terrifying than the disease itself, some can even lead to death. There have been many reports of hospital admissions every year because of problems associated with the use of prescription drugs, and that includes the side effects.

It is in everyone's best interest to be healthy the safe way. Taking prescription drugs is not



always the best option when it comes to getting relief. This is where **natural remedies** and health **supplements** come into the picture. There are natural ways to treat or prevent a disease, and these alternatives are much safer than their laboratory-made counterparts. Reported side effects are very minimal to almost nothing.

More and more people are now considering these alternatives to prescription drugs. Not only are these safe, but they're more effective and cheaper as well. **Natural remedies** and **supplements** are widely available and can even be purchased over the internet (meaning there's no need to waste more time and money, as compared to driving to a pharmacy).

Most importantly, the wonders of these natural alternatives are now recognized by many doctors worldwide and by other medical professionals as well.

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