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Alot Health > Wellness
As you know, never stop taking medication without talking to a doctor first. Stop some drugs suddenly can have serious side effects. We often assume that the drugs we are taking are good for us. Our doctor told us to take them, right? It's smart to follow the doctor's orders because they know health better than anyone else. Unfortunately, this does not mean that the drug is good in the long term. There are a lot of reasons why someone should at least ask the doctor's questions about what is prescribed to you. Many doctors prescribe drugs that are designed to be short-term, and a person who is taking them long-term may cause problems. Sometimes, you should ask for a different type of medication than what initially suggested. Remember, the world of science is always changing. There's always evidence that's done and ransomed. We could realize tomorrow that what we consider good for us today may not be good for us in the long term. For example, everyone smoked cigarettes. Now, we know that the small tobacco roll is extremely dangerous to us. Our doctors do their best to stay at the top of this research, but sometimes, there are many contradictory answers; other times, there is only too much for them to process. Even those studies are not always accurate. Pharmaceutical companies that just want to make money out of you buying their drug for all your predictable futures often sponsor studies. These studies cannot always be trusted to be impartial. After all, they sponsored studies that said opioids are good for us, but now we are facing an epidemic of opioid overdose. Just say, there is a lot of digging that should be done if you want to take any medication for a long time. These are 22 drugs we found that could befor you. Diuretics force the body to expel excess water to help the kidney. Long-term use can exhaust the body of vital minerals becauseThis washing, removing minerals such as potassium and magnesium. These drugs were also linked to an increase in mortality rates and heart failure. Image via: Facebook. In addition, diuretics can interact negatively with other drugs and conditions. These include things like Prozac, blood pressure medications and diabetes. Like other medicines, using a sleeping medicine is short-term. However, if you use it long term, you can build a tolerance, and you will need a stronger dose. Leaving the doctor might seem impossible. Even for those who did not diagnose insomnia can find it difficult to sleep. If they are over-the-counter or prescription, sleeping medications are not considered safe for long-term use. (Image via Facebook)
Non-steroidal anti-inflammatory drugs, or NSAIDs, are used to reduce pain and inflammation. Because of this, we see people who use them for long periods of time. This can be problematic for older adults, where we see them put at risk for indigestion, ulcers, and bleeding of the stomach and colon. It is not uncommon to see increased blood pressure or see damaged kidneys due to these drugs. Users are also put at risk for heart failure. Image via: Wikipedia. Xanax is an extremely common drug used for anxiety and panic disorders. There are about 50 million prescriptions for it issued each year. Valium, another similar drug, is also very popular. What most people do not realize, however, is that they are dangerous drugs. Any benzodiazepine medication, like these two, puts users at risk. In addition to addiction, benzodiazepine drugs can cause some brain-related problems, such as delirium, psychosis, depression, memory deficit and sedation when used long-term. Image via: Wikipedia. The doctorsbecoming less likely to prescribe an antibiotic unless it is absolutely necessary. Using them in the long term can cause negative side effects on immunity, including getting sick with diseases due to drug-resistant bacteria. (Image via Facebook)
Can also lead toproblems due to the lack of healthy bacteria in your intestine. Antibiotics have also been linked to increase the risk of type 1 diabetes with prolonged use. Prozac is an antidepressant drug used by almost 6 million Americans. Most people take it without hesitation — scary when considering that it is a drug that is designed to alter the composition of the brain. They are intended to be taken for a year or two buds, but this drug is highly toxic, and many people choose to continue taking it for longer periods of time. Antidepressants are linked to the bleeding of the stomach, low sodium levels and increased risk of stroke. Image via: Wikipedia. The heartburn is extremely common. Most people will suffer in some way during their lives. The heartburn is a misleading name, however. It is the result of the stomach acid flowing in your esophagus, a place that obviously should not be. Burning drugs work to suppress stomach acid. While this may be good for short term uses, long-term use will cause problems because stomach acid is essential to our health. Add in the fact that these drugs do nothing to solve your problem, just hide it, and let you wonder why you are not already looking for new, better ways to manage your heartburn. Image via: Facebook. Prednisone is a steroid that many consider a miracle drug, which works wonders to help people struggling with certain diseases, such as arthritis, cancer and immune disorders. Using it for more than a couple of weeks can cause problems, and use for more than a few months can make it so risky to simply stop taking the medication you need professional help to wean. Can cause hypertension, weight gain,muscle weakness and diabetes, among other problems. Image via: Wikipedia. While women go through menopause, their body stops producing as much estrogen as it had until then. These results in a variety of problems, some of which are simply uncomfortable while whileThey are absolutely dangerous. Sometimes, these women take hormone-therapy medications to get their higher estrogen levels to relieve these problems. Long-term use of estrogen is provided with a lot of documented problems, such as increased risk of breast cancer, blood clots and dementia. Image via: Facebook. Antipsychotic drugs are used to treat a wide variety of disorders ranging from mental health disorders such as bipolar disorder or borderline personality disorder to more common health problems such as sleep or anxiety. Antipsychotic drugs are designed for people with schizophrenia, however. These medications have limited tests available as well as they work well or should be used long-term with other issues. Long-term use can cause weight gain or movement disorders. Older users can also be put at higher risk for shots. Image via: Wikipedia. A stuffed nose can be irritating, but you should not use longer than the timeframe on the label. Taking the drug too long can actually worsen congestion. It is not unusual for an individual to be able to breathe without using long-term nasal sprays. The nose becomes incapable of clarifying, which means it becomes a necessary medication to breathe from your nasal passages. (Image via Facebook)
Methotrexate, along with other chemotherapy agents, are dangerous in the long term. It's all about arthritis, but it's a serious risk. It kills cells — all cells — regardless of the type of cell that is killing. It is dangerous for pregnant women and their unborn children. It can cause fatal reactions in people even taking NSAIDs. Bone, liver, kidney, intestinal and immune disorders are all associated with this drug and its long-term use. Image via: Facebook. Benadryl istaken for allergies, but some people take it as a sleeping pill. No matter why, this drug can be dangerous in the long term. Some people can become dependent on it, and the body will becomeinsomnia, nausea, anxiety and constipation are just some of the symptoms that a person can experience. Long-term use also affects mental cognition, especially in the elderly. It can cause depression, fatigue, confusion and even hallucinations. (Image via Pinterest)
Tylenol is great for short-term use, but patients should think twice about using it in the long term. Recently, studies have shown that scientists and doctors underestimate the risks of acetaminophen. The liver damage is the most common side effect in the long term. Some of the drug is converted into a toxic metabolite that can damage liver cells. Reports say that the damage usually goes unnoticed until it is too late, making this drug even more dangerous. What's more, the World Health Organization suggests people take no more than 325mg in a session to prevent liver damage, but many American brands have up to 500mg. Many people suffer from kidney damage after taking Tylenol for long periods of time. (Image via Facebook)
Statins and blood thinners are often hand-held to prevent heart attacks and heart disease. In some cases, statins can actually damage the liver. (Image via Facebook)
In addition, long-term users reported loss of memory and muscle pain. Finally, statins can slightly raise the risk of a type 2 patient, especially in those who have a family history of the condition. Laxatives can be necessary occasionally, but constant daily use? It can be dangerous. Your body could get used to drugs and become addicted to them. Some older adults have found themselves severely stinked and compacted because their laxatives no longer work, and need something stronger to get rid of. To the endthe inability to work properly, so it is better to go natural if possible. (Image via Facebook)
We saw a significant increase in the number of prescriptions issued — an increase of 40% between 2007 and 2011, resulting in 50 million prescriptions in 2011. Indeed,10% of children are taking the drug these days. It is an ADHD drug used to increase attention. Because of this, we have seen that it is abused as a "smart drug" on school campuses everywhere as students try to cope with the rigorous and stressful school system we have. The real problem with Adderall is chemical. Increases serotonin, dopamine and norepinephrine in the brain, chemicals responsible for pleasure, reward and motivation. In turn, the brain stops producing these chemicals. When you try to get down Adderall, the brain no longer works as it should without its crutch. Image via: Wikipedia. Blood thinners and anticoagulants, such as Warfarin, used in the long term can be problematic, to say the least. They are often prescribed for long-term use to protect people from heart attacks by disinfecting blood, allowing them to flow more freely. One of the most serious and surprisingly simple problems that come from this is how easy it is to bleed. Because your blood becomes thin, it becomes difficult for your blood to clot, which means that the small cuts that you can get during shaving or opening the mail can bleed much more than they should. Image via: Wikipedia. Oral decongestors are also bad in the long term. Pseudoephedrine for long term mouth can lead to problems including seizures, hallucinations, headaches and insomnia. Lingering congestion can also be a sign of a more significant problem, which should be treated quickly or otherwise can cause other problems. Never take pseudoephedrine more than seven days if not otherwise directed by a doctor. (Image via Facebook)
Selective serotonin reuptake inhibitors, or SSRIs, are becoming increasingly common, but studies are beginningshow that they are dangerous in the long term. People who use them long-term can find immensely challenging to stop. They go in fact retreat that they were much worse than their depression had ever been. They report hearing the dry mouth, bizarre thoughts, and aof detachment from reality. (image via facebook)
albuterol can save someone during an asthma attack, but the danger comes when people hate it more and more to control their asthma. Long-term oarlo can begin to cause insomnia, agitation and also higher respiratory effects. In fact, it is not uncommon for long-term albuterol users to get clogged nose, throat and upper airways. (image via facebook)
some of these side effects can be avoided by passing from the pill version of the drug to the inhaler version. However, most of these symptoms can only be raised by lowering the dosage quantity and frequency of use. The opioid crisis has brought attention to the dangers of long-term narcotics. no matter your will strength, your body becomes dependent on the drug, the pain that required the prescription can worsen due to the drug. Besides, it can cause liver damage and constipation. the brain could also be damaged due to hypoxia.
author alot health team last update 02 July 2020
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