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PAG CONTENT BY **TYLENOL**

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Black Americans at Greater Risk of High Blood Pressure

If you have hypertension or heart disease, read on before taking your over-the-counter (OTC) pain reliever

by Tylenol (Paid Content)

SHUTTERSTOCK

There is no doubt about it - life is different now. The COVID-19 pandemic has changed so much about our daily lives and it can seem overwhelming. One way to remain both mentally and physically healthy is to stay active. Sometimes though, minor aches and pains can get in the way of doing the things you want to and need to do.

The good news is that over-the-counter medicines are available to help relieve pain. But if you have high blood pressure, managing pain with an over-the-counter (OTC) pain reliever takes extra thought. **It's especially true for Black Americans between 35-64 years old, who are 50% more likely to have high blood pressure than Caucasians and Hispanics.**

Here's what you need to know:

### Two Types of OTCs to Treat Pain

Acetaminophen is a pain reliever and fever reducer. It is the most common active drug ingredient in the U.S. and is found in more than 600 OTC and prescription medications. NSAIDs stands for nonsteroidal anti-inflammatory drugs. Common NSAIDs include ibuprofen, naproxen sodium and aspirin. Both help relieve pain by blocking pain signals within the central nervous system and throughout the body.

### Determining Which OTC Pain Reliever May Be Right for You

Acetaminophen and NSAIDs may work differently in your body. Your age, certain health conditions and other medications may all affect your pain reliever choice. Understanding these differences could matter to your health.

The American Heart Association<sup>1</sup> recommends avoiding NSAIDs (ibuprofen, naproxen sodium, and aspirin) for over-the-counter pain relief because they may further elevate blood pressure, and choosing an alternative therapy, such as acetaminophen. TYLENOL<sup>®</sup> contains acetaminophen and may be appropriate for patients who are concerned about the effects that NSAIDs can have on blood pressure. TYLENOL<sup>®</sup> won't increase your blood pressure or interfere with certain blood pressure medications the way NSAIDs sometimes can.

- For your safety, do not take more than 4,000 mg of acetaminophen in a 24-hour period and take only one medicine that contains an NSAID at a time. Always read and follow your medicine (or product) labels

<sup>1</sup>Health often starts at home with the tools we have in our medicine cabinets to treat pain and other ailments. I recommend TYLENOL<sup>®</sup> to my patients with high blood pressure, but please check in with your own doctor if you have questions about your personal health needs," said Dr. Jen Caudle, board-certified Family Medicine physician and Associate Professor in the department of Family Medicine at Rowan University-School of Osteopathic Medicine.

TYLENOL<sup>®</sup> is partnering with several local affiliates of the National Urban League to provide resources needed and safety education to communities with an increased prevalence of hypertension.

Now that you know the facts - you know they matter. If you or someone you care for has high blood pressure, talk to a pharmacist or health care professional about any questions you have about what OTC pain reliever may be right for you.

Click here to get more information from Tylenol

Talk to your doctor if you have any questions or concerns.

<sup>1</sup>National Center for Chronic Disease Prevention and Health Promotion

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