

# NASID in Sports Medicine: A Plea for More Considerate Use

Van Wijck K, Maastricht University Medical Center, Department of Surgery, Floreat 5, NL-6214 XG Maastricht, The Netherlands. The prevalence of NSAID use in sports medicine and the use of specific drugs.

With regard to the musculoskeletal system, the use of conventional NSAIDs as analgesic by patients with healing fractures was reported to impair bone healing. The question was also raised whether the use of NSAIDs had a detrimental effect on soft tissue healing; however, there is insufficient human data reported to draw conclusions.

The extent to which NSAIDs cause intestinal injury in healthy individuals was recently demonstrated. Strenuous physical exercise leads to a physiological reduction of gastrointestinal perfusion, leading to hypoperfusion of the gut.

Such a physiological reduction of blood flow is the result of a redistribution of the blood flow during exercise, directing the blood towards the active muscles, heart and lungs, away from the gastrointestinal system.

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SK\VLFD H[HUFLVH DJJUDYDWHV WKH K  
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LQWHVWLQDO LQMXU\  
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JXW EDUULHU G\IXQFWLRQ LQ KHDOWK\  
LPSOLFDWLRQV IRU UHFHYHU\ DIWHU H[HU  
HSRUUV RQ FDUGLRYDVFXODU FRPSOLFD  
WR FRQFOXGH WKDW 16\$, ' FRQVXPSWLRQ I  
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LWV 'V VKRXOG RQ\ EH FRQVLGHUHG IRU  
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