

Cheat Sheet

“Which Pain Reliever Is Safest for Older Adults?”

By UnconventionallyWise.com, based on a video by Better Health While Aging

1. Acetaminophen (Tylenol)

- Safer for long-term use if under 3,000 mg/day
- Avoid if liver disease or heavy alcohol use
- Watch for hidden doses in combo meds

2. NSAIDs (Ibuprofen, Naproxen)

- More effective for inflammation
- Higher risk: bleeding, kidney strain, fluid retention, blood pressure rise, heart attacks
- Occasional use only; avoid daily use
- Topical NSAIDs (e.g., diclofenac gel) are safer

3. Aspirin

- Not for regular pain relief
- No longer recommended for primary prevention
- Still used for secondary prevention (post-stroke or heart attack)

4. Topical Options

- Safer for localized pain
- Includes diclofenac gel, menthol, salicylates, capsaicin

5. PM Painkillers

- Contain anticholinergics like Benadryl
- Harmful to memory and cognition in older adults

6. Cannabinoids (CBD/THC)

- May help with pain/sleep
- Watch for dizziness, sedation, drug interactions
- Potency/purity vary

7. General Tips

- Report pain to your provider
- Consider physical therapy, acupuncture, massage, CBT
- Don't aim for zero pain. Aim for better, manageable comfort

To be notified when new content is published on UnconventionallyWise.com please [join our mailing list](#)