

The inside dope about aspirin

TORONTO (CUP) - The most common of all nonprescription drugs, considering it in all of its various disguises, is aspirin. It can be bought in plain or buffered, effervescent and noneffervescent combinations with other drugs, and in 'specially' FORMULATED remedies for arthritis and rheumatism, colds and depression.

The big difference among the myriad brands of aspirin, plain or buffered, is the price. Aspirin is chemically known as Acetylsalicylic acid (ASA). It is effective in

any of its forms in reducing fever and inflammation and relieving tension headaches, muscles aches and symptoms of rheumatism. For some people, it acts as a mild sedative. If you pay more than what the cheapest brand of ASA tablets cost, you are paying more than you need to.

The most common side effect of aspirin is stomach irritation. This irritation is more common among people who take a lot of aspirin. Chronic users of aspirin often end up with gastric or intestinal

bleeding. Anyone suffering from or suspecting ulcers or very acidic stomachs should stay away from aspirins. Taking an aspirin on a full stomach or drinking a glass of water with each dose can reduce the stomach upset. Alcohol as well as caffeine in coffee and tea reacts with aspirin causing even greater irritation, so it is a good idea to stay away from them.

Some drug companies combine aspirin with antacids to provide a buffering action to combat stomach irritation. The minute

amount of antacid in these preparations is firstly, not worth the high price charged and secondly, of little value in actually relieving stomach irritation. Stomach discomfort is affected more by the amount of food in the stomach, and the emotional state of the user.

All aspirin, including the buffering kind, can cause stomach bleeding within a few days when taken at a level of 18 per day (a level not uncommon for people with an acutely painful condition).

Enteric-coated aspirin which does not dissolve in the stomach is available at most pharmacies, and is worth a try if you need to take a lot of aspirin, even if small doses bring on stomach upset.

In addition to stomach irritations, aspirin's side effects include allergies. Although aspirin sensitivity varies greatly in severity, anyone with any of the following reactions should avoid aspirin like the plague. Hives, swelling of the mucous membranes and difficult breathing can be some of the effects.

Many people have discovered that aspirin can be habit forming especially when used to treat every little ache and pain. Aspirin addicted people are known to be high strung and disoriented. They often hear ringing in their ears, and feel dizzy.

The lethal dose which can be accomplished with as little as 30 tablets (LP50), much less if alcohol or other depressant or toxic drugs have been taken.

There are too many drugs that should not be used in combination with aspirin to list here, but the following are a few examples to watch for. When you get a prescription or buy any over the counter drugs, check with your doctor or druggist for advice on what to avoid. When in doubt, stick to one thing at a time.

Aspirin blocks the effects of Benemid, a drug used to cure gout. It is also used in conjunction with high dosages of antibiotics, often given before penicillin treatment for gonorrhoea, to increase the absorption of penicillin into the blood stream.

Aspirins increase the effects of oral anti-diabetic drugs, thus creating a danger of hypoglycemia (low blood sugar level).

Acetaminophen, known to shoppers as Tylenol and Vanquish, is often used as substitute for aspirin. It also relieves pain and fever, as aspirin does, but has no ability to relieve inflammation which is why it is of no help to the basic source of arthritic pain. Acetaminophen has not shown itself to be significantly easier on people's stomachs than plain aspirin.

Counselling Services

Counselling Services started a pilot project at the first of this term and the decision to continue will depend on how much use is made of the service between now and Christmas said a recent release.

The program consists of office hours on Thursday and Friday evenings. These sessions are staffed by senior students in the applied masters program in psychology at UNB.

They are prepared to help visitors find materials in the Careers Library, discuss careers, describe the services available at Counselling Services, "or just have a friendly talk," said the release.

One of the regular counsellors is available should a student wish to see one.

Grumps. Achievers. Gropers. Leaders. Puppets. Planners. Procrastinators. Those who empathize. Those who don't. Hypocrites.

It takes one kind to work with all kinds. If you really think you've got that rare ability to talk with all kinds of people without breaking into a cold sweat and if you're convinced that working with people is a lot better than weeding through thickets of corporate paper work, we'd like to see your face and hear your voice.

We're London Life. And our success depends on one thing. Talking to people who can talk to people. All kinds.

Spend half an hour checking us out. We have a career possibility that will put you face to face with the human side of business.

The first step is to arrange a meeting with our on-campus recruiter. When you arrive, ask him what we're really like then tell him what you're really like. That should give each of you enough info to know if it's worth getting together again.

We'll be on campus at:

University of New Brunswick, November 18 & 19

We'd like to talk.
And listen.

