

Do you really know painkillers?

Have you ever experienced a headache? Headaches can be very irritating as if someone has been hitting your head with a hammer, making it difficult for you to concentrate. You may take painkillers directly at this time, and the pain will go away before you know it.

But do you know what happens to our bodies when we take painkillers for a long term?



How painkillers work?

Pain is a complex process. A pain message is transmitted to the brain by **specialized nerve cells**. When our cells are damaged, they release a **chemical**, which is converted by **two enzymes**.

Then the "messenger" - nerve endings respond to the **converted chemical** by sending pain and injury information through the nervous system to the brain. All enzymes have an active site. That's the place in the enzyme where the reaction happens.

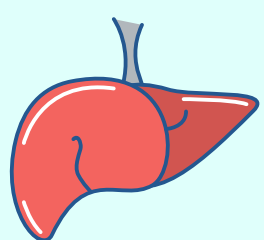
The chemical released from damaged cells fits snugly into the active sites of two enzymes. It is at this active site that the painkillers are doing their job. They are like soldiers, blocking the entry of the chemical, which inactivates two enzymes, thus reducing the pain signals sent to the brain.

WANT TO BE ONE STEP CLOSER TO BEING A SCIENTIST? THEN TRY KNOWING THESE NAMES!



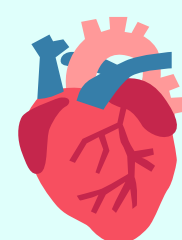
Don't ignore the side effects of painkillers

These drugs trick your brain into thinking it needs the painkiller to feel good, which decreases your body's ability to produce "feel good" chemicals and endorphins on its own, which takes a heavy toll on the central nervous system. Dependence on painkillers can lead to addiction, which can have a ripple effect on your entire body.



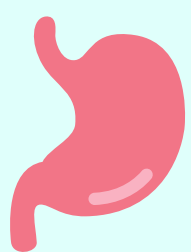
Liver

Your liver stores the toxins from these drugs, which can lead to dangerous and life-threatening liver damage.



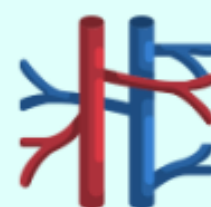
Heart

If painkillers are taken in an unintended way, it can lead to severe cardiovascular issues, heart attacks and heart disease.



Stomach

Stomach and intestinal issues can arise even after a day or two of taking painkillers, leading to constipation, bloating, abdominal distention, bowel obstructions and haemorrhoids.



Veins

Injecting painkillers always comes with high risk, especially if the needles have been shared or aren't sterilized, leading to collapsed veins and blood-borne infections and diseases.

Always read the instructions that come with your medication to check that it is safe for you to take. This is particularly important if you have a long-term health condition or are taking other medication. If you are unsure, please consult your pharmacist or GP!



COLD KNOWLEDGE



Best way to take painkillers- Lying on your right side when taking medication is more effective than just sitting down.