

# Healthy Living

Patient Information from the American Chiropractic Association

## Beware of Acetaminophen Risks

\$FHDP LQRSKHQV KH P DLQ LQ UHGHCQMLQ P HGFDNRQV VXFK DV 7OHQR<sup>2</sup> LV WKH P RVWZLGHQ XVHG SDLQ UHQHM U: KLQ JHGHUHQ FRQVGHUHG VDH ZKHQ VDNHQ RFFDVHQDQ DQG LQ VPDQGRVHV DFXM RM LGRVH/DQG FKURQF FRQVXP SWRQ RI DFHDP LQRSKHQ FDQ FDXVH QM UVRQ FLW

\$FFRQJ VR UHVDUFK SHUFHQARI DQDFXM QM U IDLQHU LQ WKH 8 QLVG 6VMMV LV DMMEXVNG VR DFHDP LQR SKHQFRQVXP SWRQ<sup>1</sup>: KLQ P DQ RI WKH/HFDVH/UHVXQ IURP DQ RM LGRVH HM Q<sup>3</sup>FRUHFVGRVJH' P DA FDXVH QM UGDP DJH QM UIDLQHU DQG GHDK<sup>1</sup>, Q WKH 8 QLVG 6VMMV DQRGH DSSURQ IP DMMO QYHU LQYUHV UHTXLUQ HP HJHGFV WHDVFHQW KRVSUHQ VNRQ/DQG GHDKV SHUH DUDUH DMMEXVNG VR DFHDP P LQRSKHQ FRQVXP SWRQ 7KH ) RRG DQG ' UXJ \$GP LQVVMRQ )' \$ LV FXUHQD FRQVGHUQ P HDV XUHV VR GHFUDVHVKH QXP EHURI FVHV RI XQLQMQMRQ DODQG LQMQMRQDORM LGRVH QDGLQ VR QM U LQMU LCFQGLQ QP LQJ WKH P DL P XP DGXQGDLO GRVH LQ ERVK SUHVFSVRQ DQG RM UWKH FRXQMU P HGFDNRQV DQG IP SURYQJ QEHQJ<sup>3</sup>

,QMDOV LQV DQG VP SWRQ V RI DFHDP LQRSKHQ VR FLW DUH QDXVHD DQG YRP LQJ VR LQV KDUG VR LGHQV LV IP P HGDMO ,QVRP H FVHV QM UVRQ FLW P DA GHM O RS ZLVRXWVP SWRQ V

### Risks of Accidental Overdosing

One RI WKH P DLQ SUREOP V ZLW VLV SRSXQUP HGFD VNRQ LV KRZ HDV LVLV VR RM LGRVH XQLQMQMRQDQ ,Q DGGVNRQ VR EHQJ WKH SUP DU LQ UHGHCQMLQ 7OHQR DFHDP LQRSKHQ LV DQFRQVGHUHG LQ DQ RVW EUDQG QDP H DQG JHGHUF SURGXFW<sup>2</sup> URP KHGDGFKH DQG EDFNDFKH SLDV VR FROG DQG IQ UHP HGHV DQG VRUH WURDVP HGFDNRQV<sup>2</sup> P RVVRI ZKLFK DUH DQ LQDQRI RM U WKH FRXQMU

,VQ GRVGF RP P RQ IRUD SDVHQVVR VDNHVHM UDRM U WKH FRXQMUP HGFDNRQV? RUSDLQ DQG IHM UDGQ WKHQ IRUD VRUH WURDVFHXJK DQG FROG P XQSDQJ WKH ULN RI RM LGRVQ & RP ELQJ SUHVFSVRQ P HGFDNRQV DQG RM UWKH FRXQMU P HGFDNRQV FRQVGHUQ DFHDP P LQRSKHQ DQFRQVGHUHG WKH ULN ,QDGM UMQARM U



GRVQJ FDQ DQYRKDSSHQ IURP & KLQHQV 7OHQRQEHQJ JHM Q VR FKQHQ VR UHQHM D IHM URM UD SHURG RI VHM UDGQV

) DVQJ VXFK DV QRWHMQJ EHFDXVHRI LQHV DQR KROFRQVXP SWRQ RU JHGHUF SUHGLVSRVNRQ VR QM U SUREOP V DQR LQFUDVHV WKH ULN RI QM U VR FLW DQFRXJK WKH SDVHQV P DA EH VDNQJ WKH SUHVFEHG GRVHRI WKH P HGFDNRQ

### Avoiding Damage

7R DR LG QM UGDP DJH IURP DFHDP LQRSKHQ

- # R GRVONHP RUH WQJ JUDP P J RI acetDP LQRSKHQ DVRFH
- # R QRWFH HG P J RI DFHDP LQRSKHQ LQ KRXU 7KH)' \$ LV FRQVGHUQ UHGXFQJ WKH DGXQV DL P XP GDLO GRVHV P J DQG HM QIXUHQHUHGXFQJ WKH DP RXQVRU FKURQF DQRKROVHV<sup>3</sup>
- \$ Q DV FKHFNRV VHM IL RM UWKH FRXQMURUSUH VFSVRQ P HGFDNRQV FRQDLQ DFHDP LQRSKHQ
- # RUFKQHQ GR QRWFH HG P J NJ GRVH RI DFHDP LQRSKHQ DQG GR QRWFH HG IHM GRVHV RU JUDP V LQ KRXU

### Drug-Free Pain Relief

3 DMVHQW RIVMQ UHO RQ P HGFDVQRV VR WHDVFDM DQG  
 FKURQE SDIQ EXVWH VXRQDQZ DV FKFNZLV D  
 KHDOX FDUH SURY GHUJLVVR VHH IL VDHURSMVRQV DUH  
 DO LDEGI 7DOVR \RXUGRFVRURI FKURSUDFVF DERXW  
 FRQVHUP VM P HGFDVQRV IHH SDIQ UHDI ' HSHQGLQ  
 RQR XULQGLY GXDOQHGV R XUGRFVRURI FKURSUDFVF  
 ZLQGHM QS D SURJUDP RI FDUH VDWV D FRP ELQH  
 P RUH VDOQRQH VS H RI WHDVF HQVQVWDG RI XMQJ  
 GUXJV DQG VXJHV 7KH WHDVF HQVSDQ P DA LQFQGH  
 VSCDOP DQSLXDMVRQ P REIQD VQR RUP DVVDH DV  
 ZHODV SURFHGXUHV VFKDV HGFVIE VWF XDMVRQ UHKD  
 ELQDMV HF UFMV DGVFHRQ QXDMVRQ DQG VXJHV  
 VQRV IRUSRVVUH P RGLIEVQRV ' RFRVU RI FKURSUDFVF  
 DUH FRP P LVMG VR ZHODHVV DQG DR LGQJ WH XQQHF  
 HMVDI XVHRI P HGFDVQRV ■

### Exceptional Risk Factors of Acetaminophen Poisoning<sup>5</sup>

- ‡ DVWQJ ZKLEKIUHTXHQD RFFXV ZKHQ  
 SDVHQW DUH LQRULQ HWUHP H SDIQ
- ‡ LHMQJ
- ‡ \$GRKROFRQVXP SMVRQ
- ‡ ILQJ P HGFDVQRV \$FHDP LQRSKHQ LV DQ  
 LQJUHGHQVQ P DQ FRO DQG I Q UHP HGHV  
 DQG SDIQ P HGFDVQRV
- ‡ \$,' 6
- ‡ / LM UGLVHDVH
- ‡ 0 DQXDMVRQ
- ‡ \$GRUHL D
- ‡ . LGQH GLVHDVH

### Common Medications Containing Acetaminophen<sup>4</sup>

#### Prescription medications

- ‡ 9IFRGLQ
- ‡ DUR FHW
- ‡ 3HURFHW
- ‡ QGRFHW
- ‡ 5RL FHW
- ‡ 8QDFHW
- ‡ 10LGQJ

#### Common over-the-counter medications

- ‡ 7OHQRO
- ‡ 8KLOUHQV/7OHQRO
- ‡ 7OHQRO30
- ‡ FHGLQ
- ‡ FHGLQ30
- ‡ \$QID6HQV U3QV & RQ DQG ) Q
- ‡ 6XGDIHG & RQ DQG 6LQXV

7KHVHDUH MVWRP H RI VHP DQ SUHSDUDVQRV  
 containing acetaminophen on the market.

/DUVRQ\$0 HMDQ\$FHDP LQRSKHQ LGXFFHGDFXIM  
 QM UIDLQV UHVXQV RI D 8QVNG 6VDMV P XQFFHQMV  
 SURVSHVM VVXG Hepatology

1RXUJK 3 \$KP DG 65 . DZRVNL& : LQ 0  
 ( VWF DMV RI DFHDP LQRSKHQ 3DUDFHDP RO DVVR  
 FIDVNG RYHUGRVHV LQ VWH 8QVNG 6tDMV  
*Pharmacoepidemiol Drug Saf -XQ*

5HFRP P HQGDVQRV IRU ) \$ ,QMVHQVQRV VR  
 ' HFUHDVH VWH 2FFXUHQFH RI Acetaminophen  
 HepDVVRL FV 3UHSUHG IRU DQHW RRGFRN 0 '  
 \$FVQJ ' UHFVRU & HQMV IRU' UXJ ( D QDMVRQ DQG  
 5HVHDFK EV 7KH AcetDP LQRSKHQ +HSDVVRV FV  
 : RUNQJ \* URXS & HQMV IRU' UXJ ( D QDMVRQ DQG  
 5HVHDFK ) RRG DQG ' UXJ \$GP LQVDMVRQ  
 ' HSDVVRV HQV RI +HDMV DQG +XP DQ 6HUYLHV  
 ) HEXDUJ ZZZ IGDJRY  
 ' DQJHV RI 7RR 0 XFK\$FHDP LQRSKHQ 0 LQGHVRV  
 3RLVQ & RQVQRV VVHP ZZZ P QSRVVRQ RVJ  
 0 RVJ DQ % 3RLVQ LQ VWH 0 HGFQGH & DELGHVACA  
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) RUP RUH LQRUP DMRQ RQ SUHM QMRQ  
 DQG ZHODHVV RUVR ILQG D GRFVRURI FKL  
 URSUDFVF QHUR X JR VR VWH 3DMVHQ  
 QIRUP DMRQ VHFVRQ RQ \$ & \$ / : HE VLM  
 DVZZZ DFDVGD RVJ RUFDO

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