



*Want to share the newsletter?  
Please - Print a copy, Pass it on.*



**Bob Jennings**  
FL LMSC Chair

### **LMSC News**

The Florida LMSC will be holding our Board of Directors election at our **Annual LMSC Meeting** on October 8 at the Central Florida YMCA Aquatic Center in Orlando after the completion of events at the Rowdy Gaines Masters Classic VIII swim meet on Saturday. The meeting is open to all members of the Florida LMSC. Please send a club delegate to the meeting. Each club gets at least one vote or more, dependent on number of members. The entire Board has volunteered to return for two more years of service, but nominations from the floor will be accepted.

While visiting my son overseas, I was fortunate enough to swim and talk to swimmers from age 5 to adults about our sport. Everyone shared his or her love and enthusiasm for swimming. While in London, I was able to swim with the Serpentine Swim Club in Hyde Park. They swim outdoors everyday, year round in a lake where the Triathlon and Open Water swimming events were held in the London Olympics. The water temperature was 65 degrees. Afterwards, I gave several members of their team USMS caps and in return received a Serpentine cap. Outside of being with my entire family, this was one of my favorite parts of our trip.

Every member of the Florida LMSC is an ambassador for swimming. Please take the time to spread the word about the benefits of swimming to all individuals wherever you go.

### **The Following Officers Are Up For Re-election at the Florida LMSC Meeting in October**

**Chair** - Bob Jennings  
**Vice Chair** - Jillian Wilkins  
**Treasurer** - Nancy Kryka  
**Secretary** - Cheryl Kupan  
**Registrar** - Meredith Moore  
**Records & Top 10** - Anna Lea Matysek  
**Newsletter Editor** - Sheila Carpenter-van Dijk  
**Sanctions** - Patricia Tullman



# How to show appreciation for your coach?

by Dave Jarvis, Past President of VAST

## Show appreciation by your words.

“The water’s too hot.” “The water’s too cold.” “I don’t like to swim in the end lane.” “This is too hard.” “I’m not getting enough rest.” “Why can’t we start practice an hour later?”

## Show appreciation by your actions.

Skip practice. Come in late. Leave early. Leave fins, pull buoys, goggles, etc. in the car. Take bathroom breaks during practice. Ignore team emails.

My coach is **Bob Jennings** and he is deserving of none of the above types of appreciation! He is always early to practice and well prepared. He carefully plans our practices for a wide range of skills and abilities. He coaches all swimmers appropriately for their skill levels and the weakest receive the same attention as the strongest. I try to show my appreciation by paying attention to what he says to the team as a whole, as well as me individually. When he offers correction, I offer no excuse but reply with “yes sir.” A little formal for some folks, but his tutelage has wrought great improvement in me and my teammates. His encouragement means a lot to me. I also try to say “thank you, coach” before I leave each practice session. We have a great team and our coach is the best. I hope he will always know that I truly appreciate him.

How do you show appreciation to your coach?



## **NEW for 2016**

The *Recognized Coach* designation has been eliminated. In its place is the USMS-Certified Masters Coach designation that will be available only to coaches who’ve achieved USMS Coach Certification Levels 1, 2, 3, or 4.

Coaches can get certified in **Levels 1 and 2 on Friday October 28, 2016** in Ft. Lauderdale, FL. USMS membership is required. [Registration](#) closes at midnight, [PST] on Thursday, October 27, 2016, or when course enrollment reaches 40.

Coaches can get certified in **Level 3 on Sunday December 4, 2016** in Ft. Lauderdale, FL. USMS membership is required and levels 1 & 2 must be completed. [Registration](#) closes at midnight pacific time on Saturday, December 3, 2016 or when the course enrollment reaches 25



**Fees:** \$100 for Level 1 or Level 2 only; \$180 for Levels 1 and 2 Certification; \$225 for Level 3

**Instructors:** Mel Goldstein, Coach, Indy Aquatic Masters Past President, USMS and Bill Brenner, USMS Education Director



**FL LMSC Registrar**  
**Meredith Moore**

All clubs and members can help promote U.S. Masters Swimming! See the USMS message below to find out how.

Happy Laps, Meredith

During the Olympics we see an uptick in interest in our sport, so this year we've created some special promotions designed to capture the interest of anyone visiting our website or social media sites. We're also reaching out to previous members who haven't renewed in 2016 and those who have participated in a USMS event or activity via a one-event or 30-day trial waiver.

**But we need your help!** We're asking all Clubs to spread the word about these special promotions and help us grow our membership. You can use the following promotions to increase membership in your clubs and workout groups. After the list of promotions, we've provided some text that you can copy and paste to your websites, newsletters, emails, and other communications to members.

Important: Make sure all of your **Places to Swim** are updated so prospective members can find your clubs and coaches.

*Thank you for your help!*

#### **Year-plus Membership Offering**

During the month of August, anyone who wants to join USMS will get \$19 off their 2016 membership when they sign up for 2017 as well. This is the first time we're offering this Year-plus membership in August (it was offered in September 2014 and 2015). LMSC registrars have already been notified of this promotion and don't need to do anything unless your LMSC would like to reduce its fee in conjunction with the promotion. Contact **Anna Lea Matysek** with any questions.

#### **Try Masters Swimming Day**

Help us share the great sport of swimming by encouraging your clubs, coaches, and members to bring a friend to a Masters Swimming workout on August 15 for **"Try Masters Swimming Day."**

#### **Pace Clock Pro Contest**

The top five USMS-registered clubs who register the most members in the month of August will receive a **Colorado Time Systems Pace Clock Pro**, worth \$1200. The top five clubs will also each be featured in an article on **usms.org** during the month of September.

#### **Anthony Sullivan Swim Pitch Video**

This hilarious and fun infomercial will go **live on our YouTube channel August 1** and a Facebook version, with closed-captioning, will be pushed out during the entire month of August. It's a great promotional video created especially for us by Anthony Sullivan of TV infomercial fame, who also swims for St. Pete Masters. Encourage all your members to share it!

**It's easy to help! Copy and paste the following info into emails you send to your coaches and swimmers:**

### **Coaches**

August 15 is "**Try Masters Swimming Day**," and we're encouraging our members to bring a friend to Masters workout. Here's how you can help:

- Have some **30-day trial waivers** available for guests to sign.
- Encourage your swimmers to participate by bringing a friend or family member.
- Personally invite some of the lap swimmers at your pool to join your workout.
- Make sure your **Places to Swim** entry at **usms.org** is updated so potential members can find you!

In addition, as part of our 2016 Year-plus membership offering, the top five USMS-registered clubs who register the most members in the month of August will receive a **Colorado Time Systems Pace Clock Pro**, worth \$1200. The top five clubs will also each be featured in an article on **usms.org** during the month of September.

### **Swimmers (Current Members)**

We know you've been bragging to your nonswimming friends and family about what a great workout swimming is, so here's your chance to show them! August 15 is "**Try Masters Swimming Day**." On that day, bring a friend or family member to your Masters Swimming workout. (Be sure to let your coach know in advance).

And just to show how cool swimming really is, share this **hilarious and fun infomercial**, made especially for us by legendary pitchman Anthony Sullivan. He's a swimmer himself (St. Pete Masters) and he knows a great product when he sees one! In this infomercial, Sullivan captures all the best benefits of joining a U.S. Masters Swimming program. Swimming really is "The Greatest Workout of Them All!"



### **Fitness**

### **Connie Greb**

#### **RAISING AWARENESS**

**10 people drown every day - 37% of adults can't swim the length of the pool**

The USMS program is continuing to create awareness and help so many adults in the United States learn to swim with the Adult Learn-To-Swim program. This program was designed for adults who have moderate to no prior swimming experience or may even have a fear of the water and wish to learn the basics of swimming. Students are taught how to float, breath while swimming and arm movement with kicking. Certified instructors help swimmers manage their fears. Don't worry, for those who already have basic swimming skills but want to enhance their stroke techniques, there is a level for you too! This program enriches so many lives of the swimmer as well as the instructors. A big congratulation to USMS and the national campaign to teach adults to swim.

(Raising Awareness cont.)

The USMS website has information about instructors in your area. Here is [Information](#) for one in Orlando on November 12, 2016. Share in the joy of swimming with others by sharing this information.

Recently in one of my adult-learn-to-swim classes a woman shared that she signed up for the class because her granddaughter said she would learn to ride her bike when she learned to swim. The grandmother was a star and swam the length of the pool by the end of the third lesson. Here's hoping the granddaughter is exploring the world on her bike. I love hearing these motivating stories! By the way, this grandmother is now enjoying the joy of swimming on a regular basis.

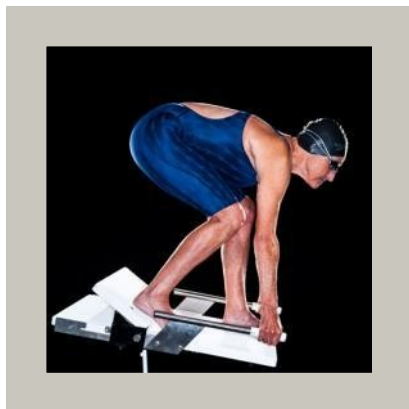
Thanks for sharing!!!

Connie Greb  
LMSC Fitness Chairperson



## NEWS FROM FACT

**Joannie Campbell**



Essentially summer is over for most local meets but keep your eye on the [dixiezone.org](http://dixiezone.org) schedule – the Dog Days Meet September 10<sup>th</sup> at the Long Center has been scheduled. Earlier in the year the Long Center was to be closed for the summer season through October but plans changed and you all have your Last Chance to swim Long Course events before the end of the season, which is September 30<sup>th</sup>.

FACT has had a fun season and with a smaller contingent than usual – the Villages were hot and tired with their sun blazing pool I understand. I understand there's plans in the works to correct this. Several of the men showed up though, which was different than usual!! We're usually looking for male participants. We had a total of 18 at the Bumpy Jones Meet – second only to the host team – and our 10 relays gave us 5 gold, 3 silver and 2 bronze and lots of fun with no DQ's!! The Picnic in the Park afterwards is always a winner and we had some raffle prize winners! Put this meet on your calendar next year! It's a good initial meet to the LCM season.

The St Pete Meet on July 9<sup>th</sup> and 10<sup>th</sup> was well attended. We had a record of only ½ hour in the locker room because of lightning!! Patty Nardoizzi was a great host and we finished on Sunday just before the storms hit again!! Although they do not post team winners I enjoyed doing the math this meet because we had the same number of participants as Fort Lauderdale. It was worth the effort – we placed third to St Pete and Sarasota with 466 points to Fort Lauderdale's 465!! Our 5 gold relays were the difference!

(FACT News cont.)

At our LMSC meeting afterward, we discussed that the Pan American Games will be held in 2018 in Orlando – looking forward to that!! The Rowdy Gaines Meet in October will be our Annual LMSC Meeting – list of officers are available.

We have four participants competing in Gresham, OR at Summer Nationals. Last Nationals there was a blast and hope the same this year. John Cornell, Martha Henderson, my daughter Deb Howard and myself are hoping for multiple points for the team, although can't make a relay. We're making it a swimming vacation by taking 10 days to sight see in the Mt Hood area.

As an aside, since I am LMSC Senior Games Liaison, I'd like to mention the website for the State Senior Games is up and running. The meet will be held at the Long Center December 3<sup>rd</sup> and 4<sup>th</sup>. Note that there is an additional two events now – the 200 butterfly and 400 IM. If you are a Florida resident you must qualify in the top five of any event in a local Senior games to swim in the States or meet time qualifiers. There is plenty of information on flasports.com. Don't miss the chance to compete. This is a qualifier for the Senior Nationals in Birmingham, AL next year.

*Please keep up to date with all the news on our website: [www.factmasters.org](http://www.factmasters.org)*



**SarasotaTsunami**  
**Encompasses All Swimming Groups**  
by Mark Usher

The Sarasota Tsunami Masters, based at the Arlington Aquatic Center in Sarasota, continues to encompass a diverse group of fitness swimmers, triathletes, competitive swimmers, and visitors vacationing in the area looking for a friendly place to get in a workout.

We also enjoy each other's company with regular social events, including breakfast after practice and monthly trivia nights.

Triathletes Shawn Johnson, Jeff Waddle, Jane Fulton, and Mark Lewis have been posting some great results in local events, while several of our swimmers have been continuing to gain experience at Masters meets during the summer long course season.

Members Holly Miller, Terri Holcomb and Mark Usher are currently in the process of becoming certified USA Swimming Stroke & Turn judges and look forward to working on deck at future meets. We were all excited as TC Smith, a member of the Tsunami Swim Team that we share the pool with in the morning, headed off to the US Olympic Trials to compete in the 400 and 1500 freestyle events. We participated in as fund-raising effort to help cover some of his travel expenses and had a nice send-off ceremony for him.



(Sarasota Tsunami cont.)

Masters member Melon Dash was able to attend the trials and filed this report: "The Olympic Trials in Omaha were full of surprises. There were also a few foregone conclusions. USA Swimming did a great job making it fun by getting the crowd riled up each night for finals, flashing light shows on the pool with dramatic music before the start each evening, leaving free USA Swimming t-shirts and hand towels on every seat in the arena, and engaging a huge raft of big name former Olympians who signed programs and were available for photos with the fans. Seeing Phelps, Lochte, Lilly Smith, Katy Ledecky, Cammille Adams, Ryan Murphy, Maya Dirado, Kevin Cordes, Connor Jaeger, Simone Manuel, Lia Neal, Nathan Adrian, Anthony Ervin (age 35) and Cullen Jones swim and make the team was the epitome of swimming as art."

Finally, we look forward to the return of long-time member Edna "Splash" Gordon, who has been a bit under the weather lately. **Hurry back Edna!**



**St. Pete Masters**

<http://stpetemasters.org/>

by Christine Truhol Swanson

## **St. Pete Masters ~ Summer 2016**

**News from the outside the lane.....**

What's going on? Changes, things are a changing on deck in St. Pete. Coach Patty Nardoizzi is laying down her Masters clipboard after being our on deck afternoon coach for the past 14 years. Geez time flies... She will start an afternoon coaching job with SPA, our kids club at North Shore, and be working as a full time Admin for the club as well. She still plans to organize the annual Hurricane Man Swim and perhaps we will see her dive off the blocks one of these days as she will have a little time to dabble in competing. Good luck Patty.

In the pool, SPM took a nice group down to the Bumpy Jones Classic meet in Sarasota. Coming off of a very successful Spring Nationals, expectations were uncertain, but everyone seemed rather surprised and happy with their results. The team had strong and top finishes by Paula Texel, Bob Beach, Kern Davis, Cheryl Kupan, JoAnn Harrelson, Dawn Clark and Charlotte Petersen, who seems to have recovered from her bicycling injuries this spring. Jodi Schwartz back at it and taking first in the 50 & 100 Fly and the 100 Breast after missing the team trip to Spring Nationals in Greensboro. Phyllis Scheidt, Sharon Steinmann, Ryan Rager, Steve Freeman and Peter Betzer were also in the pool racking up points for SPM over the weekend. No trip south of the Skyway would be complete without a visit to Yoders, however, Eric Herman broke tradition and directed the cars to Der Dutchman. An endless buffet, but I didn't read anything about the pie.

While one group was busy in Sarasota, Sarah Kwon and Pat Marzulli travelled south to Key West and undertook a 12.5 mile swim around the island. Pat has complete this swim numerous times; this year finishing in 5hr 38min and was the first finisher over 65. Sarah was the newbie to the swim this year

(SPM cont.)

but she has the Open Water bug. She finished the swim in 4hr 40min as the 10<sup>th</sup> overall swimmer and 4<sup>th</sup> female finisher this year.

In mid-July, SPM hosted our annual Long Course meet. There was a better LMSC turn out this season.



Thank you to all who attended the meet. The volunteer timers and officials as always are greatly appreciated. As with any meet held in July a thunderstorm appeared and delayed the meet a bit. Despite the weather, heat included, there was a lot of fast swimming with It is great to have Peter Betzer back in the water. Sharon Steinmann re-emerging as a competitor this season and ready to take on the world... OK she sends this message to all. "Take off the fins!" It hurts, but it is worth it. The regulars were also in attendance; Cheryl taking on 10 events after spraining her wrist, Paula, Kern, Bob Beach and the rest of the crew including newbie David Stiles. Sheila Carpenter-van Dijk, we missed you at the meet but hope you are back in the water with us soon.

While the temps have been rising, a few of our team mates headed north, far north to the wilds of Alaska. Enjoying the beauty and the cool temps these past few months were Pam Geiger, Paula Texel and Steve Seligson. Think cool thoughts while looking at this picture.





(SPM cont.)

Also traveling north, but not so far north this summer are Chris Swanson who decided it would be nice to take a quick dip in Lake Superior and Sturgeon Bay – brrr... and Bob Aldrich and Carl Selles who plan to participate in a swim in Lake Superior sometime in August before the lake temps start heading the wrong directions. I'm sure we will hear their chattering teeth all the way in St. Pete.

On the radar for SPM is the annual 5K/10K Postal swim and several SPM swimmers are heading to Lake Lure in mid-August to participate in the 2016 1 mile and 5K OW Championships. **Until the fall, happy swimming everyone.....**



## **VAST Happenings**

**By Joyce Hutchinson**



VAST members continue the philosophy of giving back to the sport they love. Most recently 23 members traveled to Orlando to be timers in The Arena Pro Swim Meet.

(VAST cont.)



Well, in all honesty it was also fun for us to mingle with so many Olympic hopefuls. Many great swimmers qualified here for The Olympic Trials. Michael Phelps, Missy Franklin, Nathan Adrian and Katie Ledecky were just a few of the top US swimmers in attendance.

I was fortunate to time Elizabeth Beisel who has been a favorite for us to follow through her years at The University of Florida and multiple Olympic competitions. Clearly we eagerly await the 2016 Olympics and will cheer for Team USA!

In March we competed in our own Village Senior Games where VAST members broke 26 meet records. We always look forward to our team luncheon following the meet and the camaraderie discussing what we did or should have done.



We thank Irma and Robbie Klimach for organizing this event.

Special honors are in store for our own Ellen Brown who was selected to carry the torch to open The Lake County Senior Games. Ellen is 91 years old and an original member of VAST.

Congratulations Ellen! You are an inspiration to all of us and we are very proud of you.



# **Non-Steroidal Anti-inflammatory Drugs (NSAIDS)**

## **Up-Date on Risks VS Benefits**

**Edward H. Nessel, R.Ph, MS, MPH, PharmD**

### **Overview**

In July, 2015, the FDA updated the label warnings on non-aspirin, nonsteroidal anti-inflammatory drugs (NSAIDS). This was the logical result of findings from follow-up studies over many decades of the joint meeting in February, 2014, of the Arthritis Advisory Committee and Drug Safety and Risk Management Advisory Committee. When this class of drugs came to be in the late 1960's, their remarkable activity to bring relief of pain and inflammation of all types was considered a God-send. Prescribers were happy to write Rx's for 100's of tablets and capsules at a time for what they thought was a relatively safe and effective mode of treatment for chronic sufferers of mild to moderate pain and inflammation from arthritis and various other causes. But insidious negative activity began to slowly show in increasing amounts in those more prone to suffer from adverse reactions more readily even though this class of drugs were initially under doctors' supervision due to the fact that that the only way they could be procured was by Rx. But once allowed to be sold over-the-counter (OTC) and, thus, readily available to treat pain, inflammation, and fever for the general population, the specter of potential adverse side effects became even more apparent. Special consideration is now promulgated in this writing for the elderly, the chronically injured, and for those repeatedly consuming NSAIDS to mollify ever-present painful and inflammatory reactions from dedicated and intense training and overall activity.

NSAIDS are one of the most commonly used drug classes in the world. Estimates from around the world show that more than 30 million people use these medications daily, and they account for about 60% of the analgesic market in the United States. There are now more than 20 different OTC and prescription NSAIDS available in the US, and I am sure most readers of this expose' have taken one or more to treat the various symptoms for which they are indicated: fever, acute or chronic pain, and the inflammatory responses from a variety of conditions.

### **Mechanism of action of NSAIDS**

The action of this class of drugs centers around the **inhibition of two prominent enzymes: cyclooxygenase-1 (COX-1) and COX-2**. COX-1 works to catalyze the formation of **proteins** called **prostaglandins** which function in various ways in our physiology: maintenance of kidney function, mucosal protection of the gastrointestinal (GI) tract, and platelet activation for the clotting mechanism. COX-2 is expressed as part of the inflammatory response, resulting in vasodilatation, platelet inhibition, and inhibition of smooth cell proliferation of the GI tract. The inhibition of COX-2 by NSAIDS plays a role in mediating pain, fever, and inflammation. Nonselective NSAIDS inhibit BOTH COX-1 and COX-2 enzymes. Since COX-1 acts to protect the GI tract, inhibition of it results in an increased risk of GI bleeding.

COX-2 selective NSAIDS were developed to maintain analgesia efficacy while minimizing the GI effects associated with COX-1 inhibitors. Despite the potential GI benefit, COX-2 selective NSAIDS are presumed to have a higher risk of cardiovascular (CV) events (see below). In 2004, a prospective analysis was performed to evaluate adverse drug reactions as a cause of hospital admission in patients greater than 16 years of age. NSAIDS accounted for almost 30% of the cases. Adverse events observed included GI bleeds, peptic ulceration, hemorrhagic cerebrovascular accidents, and renal impairment. Although NSAIDS are truly effective, it's the widespread use that presents increased numbers of risky events, especially with long-term use and increasing doses. In response to these notably increasing risk events, the FDA recently updated previous warnings regarding this whole class of drugs.



## **FDA Warnings and Safety Concerns**

In 2005, the FDA mandated that all prescription NSAIDS include a boxed warning and Medication Guide to inform patients of an increased risk of CV events and GI bleeding. In addition, manufacturers of OTC NSAIDS were asked to revise their labels to include more specific information about the potential CV and GI risks and strengthen reminders about dose limits and duration of NSAID treatments. This decision came after the joint meeting of the FDA's Arthritis Advisory Committee (AAC) and Drug Safety and Risk Management Advisory Committee (DSaRM). At this meeting, serious evaluations were gone over and strong recommendations were made for the public's health and safety. A few established Rx NSAIDS were removed from the market (Bextra, Vioxx) along with a very strong warning of use for what was becoming a very popular product, Celebrex, which is the only COX-2 inhibitor now available.

In 2015, the FDA strengthened the warnings regarding CV risk with non-aspirin NSAID use based on data collected over the past 10 years. The increased risk of blood clotting tendencies which includes stroke and myocardial infarction, in some studies was estimated to be 10% to more than 50%, depending upon the specific NSAID and dose used. After extensive evaluation of observational studies and a combined analysis of clinical trials, the FDA determined that the cardiovascular risk is more serious than initially determined in 2005. Mandatory label changes to both Rx and OTC NSAIDS will reflect the most recent safety information discussed at the meeting of the two committees.

According to the FDA, NSAID labels will now be required to state that the risk of heart attack or stroke can occur as early as the first weeks of therapy with NSAIDS, and that the risk may increase with higher doses and longer use. Additionally, the label must address that, although patients with heart disease are at an increased risk of heart attack or stroke with this class of drugs, they can increase the risk of these events in patients without heart disease or risk factors for heart disease. Lastly, the label is also required to inform patients that there is an increased risk of heart failure with NSAID use.

An estimated 10% to 40% of the population aged 65 and over use NSAIDS daily to treat pain and inflammation. Patients in this population are also at an increased risk of adverse events with NSAIDS that can involve cardiovascular, GI, renal and hepatic systems due to the physiological changes and degradation that occur with age. And there can be dangerous drug interactions with NSAIDS when used with multiple drugs as is so often seen in the elderly. This would include anticoagulants, diuretics, anti-hypertensives, and hypoglycemic medications.

## **Specific Risks and Warnings**

**Cardio Vascular Risk:** During the past decade, CV risk has been extensively reviewed. A large meta-analysis found that compared to placebo, the risk of major vascular events was increased by 33% in patients taking a COX-2 selective NSAID. In addition, the risk of heart failure was doubled by both non-selective and COX-2 selective NSAIDS. The mechanism of CV toxicity associated with NSAID use is due to the inhibition of the cardio-protective prostaglandin PGI<sub>2</sub> which is generated by COX-2. COX-2 selective agents have a higher risk of CV toxicity as compared to non-selective agents. **Naproxen**, an early generation formula on a non-selective NSAID, differs slightly from other NSAIDS because of its potent COX-1 inhibition and long half-life. Therefore, it is reasonable to believe that naproxen has a better CV safety profile.

**Gastrointestinal (GI) Risk:** The use of NSAIDs increases the risk of GI toxicity such as the development of peptic ulcer disease (PUD), upper GI hemorrhage, or GI perforation. The risk of GI complications may vary among NSAIDS, with the probability of about 25% of patients who use NSAIDS chronically will develop PUD. An extensive meta-analysis studied relative risks of upper GI complications associated with individual NSAID use and showed that some products (ibuprofen, celecoxib) produced low incidents of relative toxicity, while agents such as **piroxicam** and **ketorolac** have produced much higher incidents of same.

All non-selective NSAIDs inhibit platelet aggregation through the inhibition of COX-1 and the thromboxane A2 (TXA2) pathway. COX-2 selective inhibitors do not affect the TXA2 pathway and therefor have minimal antiplatelet effects, minimizing the risk for GI bleed. Because prostaglandin-mediated GI protection occurs through the COX-1 enzyme, inhibiting the COX-2 enzyme alone provides anti-inflammatory properties without losing the GI protective properties of COX-1.

While the specific NSAID usage itself plays a role in the risk that a patient will develop a GI complication, there are other patient-determined factors that can increase the risk. According to guidelines from the *American Journal of Gastroenterology*, patients requiring NSAID therapy who are at high risk (older than 65, history of ulcer problems, concurrent use of aspirin, even low-dose, high dose therapy) should receive alternative therapy. However, if anti-inflammatory treatment is found to be to the preferred method, a COX-2 inhibitor combined with GI-protective misoprostol, a prostaglandin analogue, or a high-dose proton pump inhibitor (PPI) is recommended.

Patients at moderate GI risk may be treated with a COX-2 inhibitor alone or with a traditional nonselective NSAID plus misoprostol or a PPI. It is important to also consider the risk of CV side effects of COX-2 inhibitors when initiating or evaluating a patient on an NSAID who is also a risk for GI toxicity as previously stated.

**Renal Risk:** Chronic NSAID use can lead to severe kidney impairment due to its direct and indirect effect on the organ. The use of NSAIDs can increase blood pressure (thus making antihypertensive drugs less effective), cause fluid retention, and decrease kidney function in patients with kidney disease. Other agents such as acetaminophen, tramadol, or opioids used short-term may be safer alternatives and as effective as NSAIDs in the management of pain.

Several studies have specifically shown that patients with diagnosed hypertension using NSAIDs for greater than 90 days had a 32% increased risk of chronic kidney disease (CKD). The same studies reaffirmed the premise that hypertensive patients taking higher doses of NSAIDs have a higher risk of developing chronic kidney disease than those patients taking smaller dosages.

NSAIDs may also attenuate the helpful effects of other antihypertensive agents and concomitantly increase the risk of elevated serum creatinine and potassium levels when combined with other antihypertensive agents. Also, through the mechanisms of COX-1 and COX-2 inhibition, NSAIDs have an effect on kidney function by decreasing renal perfusion, which translates to changes in the direct blood flow to the kidneys proper.

All this can most certainly, over time, increase blood pressure and worsen edema in patients who are being treated both for chronic hypertension and pain relief from the NSAID group of anti-inflammatory/analgesics. Those suffering what has just been listed should have their serum creatinine and potassium levels checked routinely to avoid possible increasing renal damage. Of course the strong possibility exists that many attending physicians simply might not be aware of their patient's dedicated consumption of OTC NSAIDs which would prevent them from thinking to check serum vitals for proper kidney function.

Several analyses have come to the unfortunate conclusion that the great over-prescribing early on, and the mega-consumption once NSAIDs were brought into OTC (over the counter) status have contributed to the fact that this class of drugs is the single largest cause of kidney failure in the USA today.

**Hepatotoxic (Liver) Risk:** Although rather limited data related to this organ exists, it is conceded that about 10% of total drug-induced hepatotoxicity is NSAID-related. A major study showed that of all the NSAIDs readily available, **ibuprofen** is least offending, but **sulindac** shows the highest risk for liver damage.

Adding the NSAID class of drugs listed in this chapter to a possible daily regimen for pain and inflammation relief can be serious business and requires due diligence all around so as to prevent possibly dangerous untoward side effect involving the heart, the gastrointestinal system and the kidneys.





## Upcoming Pool Swims

**Sept. 10 / LCM:** Dog Days Masters Meet. Clearwater FL. See [Dixie Zone](#) for information

**Sept. 17 / SCY:** Marlin Masters Fall Splash. Ocala FL. [Information & entry](#) | [Map](#). Entry deadline: postmarked by Saturday, September 10; late entries accepted to September 14 with additional fee.

**Sept. 25 / SCY:** Gainesville Senior Games (senior games for ages 50+). Gainesville FL. [Information & entry](#). Entry deadline: received by Saturday, September 17. *This event is USMS recognized*

**Oct. 7-9 / SCM:** Rowdy Gaines Masters Classic VIII. Orlando FL. [Information & entry](#). Entry deadline: online entry closes Sunday, October 2; distance events have limited number of entrants

**Nov. 12-13 / SCM:** Shark Tank Meet. Sarasota FL. [Information & entry](#) | [Map](#). Entry deadline: entries close Tuesday, November 8

**Dec. 3-4 / SCY:** Florida State Senior Games (senior games for ages 50+). Clearwater FL. [Information](#). Florida residents must qualify at a county senior games. *This event will be USMS recognized*

## Upcoming Open Water Swims

**Oct. 15:** Tropical Splash (1K, 2.5K, 5K). Sarasota FL. [Information & entry](#) (limited to first 400 entrants). Entry deadline: online entry closes Tuesday, October 11; early entry fee discount ends Friday, September 30. *USMS sanctioned: YES*

**Nov. 5:** Swim Fort DeSoto (6.5 mi). St. Petersburg FL. [Information & registration](#). Entries limited to first 150 swimmers. Entry deadline: registration closes Monday, October 31, or when limit is reached. *USMS sanctioned: YES. See Swim Without Limits, Inc. below:*

[Swim Without Limits, Inc.](#)  
[By David Miner](#)



**Swim 10k+ at the Beautiful Fort De Soto Park, St. Petersburg, FL**  
November 5, 2016  
Presented by Swim Without Limits

A state park with five interconnected islands and named America's Top Beach for 2009, Fort De Soto offers pristine beaches, beautiful water, and a special remote feeling.

On Saturday, November 5, Swim Fort De Soto will debut taking swimmers around three sides

of this beautiful park. We will run this race just like our Swim Around Lido Key race offering solo, 2-person, and 3-person relay options.

Be a part of this inaugural event and come out for a great open water swim. Post race festivities will take place in the park including a great meal, awards ceremony, music, and fun times for all. The Postcard Inn hotel on the beautiful St. Petersburg beach is offering a discounted rate and is ready to take your reservation. See more [Information and Registration](#).

## The Tampa Bay Frogman Swim Kurt Ott

**Jan. 15, 2017:** Tampa Bay Frogman Swim (5K). Tampa FL. [Information](#). *Registration opens Saturday, August 6 at 7 am; limited number of swimmers and slots fill early. USMS sanctioned: NO*

The Tampa Bay Frogman Swim is January 15, 2017 and registration will open August 6 at 7am EST. Last year we filled in 14 minutes. We also have charity slots which are available now and will continue to be after Aug 6. For info: [www.tampabayfrogman.com](http://www.tampabayfrogman.com)

The Tampa Bay Frogman Swim is a 5k open water swim and fundraiser that benefits the Navy SEAL Foundation (NSF), a 501(c)(3) with a coveted four star rating by Charity Navigator. Swim with the Navy SEALs and help us "never leave a man behind". 100% of proceeds go directly to the NSF which supports wounded and fallen Navy SEALs, NSW Support Personnel and their families. While \$1500 is the ideal fundraising goal per swimmer, the majority of swimmers raise over that amount, many raise much more. **If you continue on with registration, we ask that you bring that same effort of fundraising commitment as you could be taking the slot of a swimmer who has every intention of meeting or vastly exceeding that goal. If you're registering just to set a PR or check off a bucket list item, this may not be the swim for you.**

Please remember, THIS IS MORE THAN JUST A SWIM. Fundraising can be done via the imATHLETE fundraising page, collecting donations personally or through the "Donate" button on [www.tampabayfrogman.com](http://www.tampabayfrogman.com). Please visit [www.navysealfoundation.org](http://www.navysealfoundation.org) to learn more more about this very special cause. \*\*Please make all checks payable to Navy SEAL Foundation



## **Upcoming Postal Swims**

**May 15–September 15, 2016: Speedo USMS 5K/10K ePostal Nationals (50 meter pools only)**

Sanction 436-S003- Hosted by South Texas LMSC and Western Hills Athletic Club (WHAC Masters) Event Director: [Ed Coates](#), 512-762-4164. The event benefits [Colin's Hope](#) and the [USMS Swimming Saves Lives](#) foundations. All profits from the event will be donated to these charities that promote swimming education and safety. [Online Registration and Event Information](#)

**September 15–November 15, 2016: Speedo USMS 3000/6000-Yard ePostal Nationals (25 yard or 25 meter pools only)**

Hosted by Sawtooth Masters Event Director: [Paula Moores](#). Check the USMS website closer to September for [Event Information and Online Registration](#): **Resources:** [Pace Chart](#) [Split Sheet](#)



# October 15, 2016!