

The following article was written by a member of the Central Florida PPSG and published in their July-August 2004 issue.

Pain Relieving Patch "SALONPAS"

Dr. Armand Zilioli, an orthopedic surgeon, speaker at our March, 2004 meeting, and polio survivor recommended the pain relieving patch SALONPAS to me. At this point, my pain mainly in my right shoulder blade and upper arm, is undiagnosed other than over- use. Dr. Zilioli is currently on staff at the VA hospital in St. Petersburg and is a former member of the post-polio group of Winter Park, FL, along with myself.

- The company who manufactures SALONPAS, Hisamitsu from Japan, was founded in 1847. Salonpas was first introduced in 1934. It became available in the United States in 1987.
- Salonpas patches are Over The Counter, inexpensive (I bought the box with 40 patches at WalMart Super Center for \$3.88), and best of all, they Relieve My Pain.
- The pain relief is absorbed into the skin at the site of the pain. No need to take pills orally. No messy creams or ointments to get on your hands or clothing.
- One of the active ingredients in Salonpas is methyl salicylate. My primary care physician pointed out, since it does contain salicylate, a pain-relieving pill is not necessary.
- Salonpas lasts 8 hours or more. It is recommended that it be removed after at most 8 hours.
- Salonpas is not a "hot" patch. It comes in the 40 patch box of 2.56x1.65 inch size or a large single patch size.

The pain relievers I've tried are many and varied but SALONPAS definitely works very well for me.

by Marion Schoeller, Central Florida PPSG Member

Remarks from Dr. Ziloli:- I enjoyed the article by Marion. I think she described it accurately. Using it according to directions, should be safe for most people. I suppose that occasionally, if it is left on for over a day (as I have done) I get a small area of heat rash where the patch was applied. I do not feel that this was due to too much medicine in the patch itself. Also, since there is a finite

amount of methyl salicylate in the patch, once it is absorbed, the patch is worthless. I mention this because with Icy Hot cream, for example, which also has methyl salicylate could be applied heavily and then the salicylate could be absorbed in higher doses; this conceivably could affect prothrombin times for those people who are on blood thinners such as Coumadin.

Also, since salicylate is in the aspirin family, a person who is allergic to aspirin might want to be on the lookout for a possible allergic reaction to the patch. I have not seen this aspirin allergic warning on the Salonpas box so I suppose it has not been a problem.

. “ We have never really endorsed a product before, but this has been so highly recommended by both Marion and Dr. Zilioli that we felt it should be presented to you.”