# Judy Finnigan warns of ibuprofen dangers after life-threatening ulcer ordeal



Judy Finnigan's recent health journey offers a profound insight into the potential dangers of over-the-counter medications and the transformative power of lifestyle changes. The veteran television presenter, now 77, revealed that a serious health crisis in 2018 nearly cost her her life, prompting a significant and sustained overhaul of her health.

The alarming incident began when Judy, seeking relief for a knee injury, began self-medicating with ibuprofen. Unbeknownst to her, this common painkiller led to the development of four large stomach ulcers, one of which ruptured. This severe condition resulted in substantial blood loss, catapulting her into a life-threatening scenario where she required two urgent blood transfusions at London’s Royal Free Hospital. Reflecting on the episode, Judy shared in an interview with Bella, "I nearly died. Totally out of the blue, never experienced anything like it. I hope to God I never will again." Supported by quick emergency care, she was stabilised, but the horror of the experience left an indelible mark on her perspective about medication and health.

Since that harrowing episode, Finnigan has taken significant steps towards a healthier lifestyle, largely supported by her daughter, Chloe Madeley, a personal trainer. The duo embarked on a programme aimed at improving Judy's diet and incorporating regular exercise, which collectively contributed to her losing an impressive two stone. Chloe noted that her mother's changes weren't solely about weight loss; they were also about making healthier choices that fit her evolving taste. The transformation was so profound that Chloe remarked, “I actually haven’t had anything to do with it. I was as surprised as anyone else when I opened the fridge... and saw superfood salads and soups.”

As Judy now reflects on her health, she also makes a concerted effort to educate others about the risks associated with excessive ibuprofen consumption. Speaking openly about her experience, she has been vocal about urging people to approach over-the-counter medications with caution. Her warning stems not just from personal experience but from a sincere desire to prevent others from facing similar health crises.

Judy's renewed lease on life was evident during her recent 77th birthday celebrations, where she showcased her remarkable weight loss in a vibrant floral dress. Surrounded by family, including husband Richard Madeley and her children, the gathering represented a joyful milestone, particularly poignant given her health struggles. In shared posts, Chloe celebrated this moment, describing it as a joyful occasion highlighted by laughter, love, and a relaxed environment.

In undergoing such a drastic transformation, Judy Finnigan epitomises resilience. From nearly facing death to rediscovering joy and vitality, her journey serves not only as a personal narrative of recovery but also as a cautionary tale for anyone relying on medications without understanding their full spectrum of risks. Now focusing on a balanced diet and fitness, Judy demonstrates that it is never too late to pursue a healthier, happier life.

Source: [Noah Wire Services](https://www.noahwire.com)

## Bibliography

1. <https://www.dailymail.co.uk/tvshowbiz/article-14758391/Judy-Finnigan-lost-two-stone-health-died.html?ns_mchannel=rss&ns_campaign=1490&ito=1490> - Please view link - unable to able to access data
2. <https://www.hellomagazine.com/healthandbeauty/health-and-fitness/2019012867099/judy-finnigan-ibuprofen-stomach-ulcers-health-scare/> - In January 2019, Judy Finnigan revealed that she nearly died after taking over-the-counter ibuprofen for a knee injury. She developed four large stomach ulcers, one of which ruptured, leading to significant blood loss. Judy was rushed to London's Royal Free Hospital, where she received two life-saving blood transfusions. She now warns against the dangers of excessive ibuprofen use and urges others to be cautious with over-the-counter medications.
3. <https://www.hellomagazine.com/celebrities/2019053073594/richard-madeley-reveals-judy-finnigan-almost-died/> - In May 2019, Richard Madeley, husband of Judy Finnigan, recounted the terrifying moment when Judy vomited a litre of blood due to a ruptured stomach ulcer caused by excessive ibuprofen intake. He called an ambulance, and Judy underwent emergency surgery to remove four ulcers, including one above a main artery. Richard expressed that if he had waited longer to seek help, Judy could have died from blood loss.
4. <https://www.express.co.uk/celebrity-news/1078774/Judy-Finnigan-Richard-Madeley-age-health-ibuprofen-pictures-news-latest> - In January 2019, Judy Finnigan disclosed that she nearly died after taking ibuprofen daily for a knee injury. She developed four large stomach ulcers, one of which ruptured, leading to significant blood loss. Judy was rushed to London's Royal Free Hospital, where she received two life-saving blood transfusions. She now warns against the dangers of excessive ibuprofen use and urges others to be cautious with over-the-counter medications.
5. <https://www.express.co.uk/celebrity-news/1133663/richard-madeley-judy-finnigan-health-ibuprofen-news-latest> - In May 2019, Richard Madeley, husband of Judy Finnigan, recounted the terrifying moment when Judy vomited a litre of blood due to a ruptured stomach ulcer caused by excessive ibuprofen intake. He called an ambulance, and Judy underwent emergency surgery to remove four ulcers, including one above a main artery. Richard expressed that if he had waited longer to seek help, Judy could have died from blood loss.
6. <https://www.cornwalllive.com/news/celebs-tv/judy-finnigan-claims-nearly-died-2480964> - In January 2019, Judy Finnigan revealed that she nearly died after taking ibuprofen daily for a knee injury. She developed four large stomach ulcers, one of which ruptured, leading to significant blood loss. Judy was rushed to London's Royal Free Hospital, where she received two life-saving blood transfusions. She now warns against the dangers of excessive ibuprofen use and urges others to be cautious with over-the-counter medications.
7. <https://www.express.co.uk/life-style/health/1654020/Judy-finnigan-ibuprofen-stomach-ulcer-symptoms> - In January 2023, Judy Finnigan shared her experience of nearly dying after taking ibuprofen daily for a knee injury. She developed four large stomach ulcers, one of which ruptured, leading to significant blood loss. Judy was rushed to London's Royal Free Hospital, where she received two life-saving blood transfusions. She now warns against the dangers of excessive ibuprofen use and urges others to be cautious with over-the-counter medications.