

Title: Aspirin May Help Prevent Heart Attack and Stroke

Author: Alexander Merkle, MS3

Date: October 6, 2009

Key words: aspirin, prevention, heart attack, heart disease, stroke, myocardial infarction, cerebral ischemia, recommendation, guidelines

Abstract: Aspirin can help prevent heart disease and stroke for some people. The aspirin used for prevention is affordable and found over-the-counter. Aspirin may not be the right choice for some people, especially those who are at risk for bleeding. Talk to your doctor before beginning to take aspirin to prevent heart disease and stroke.

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**DID YOU KNOW:
ASPIRIN CAN BE A
LIFE-SAVER**

- Aspirin can help prevent heart disease and stroke for some people.
- The aspirin used for prevention of heart disease is affordable and found over-the-counter.
- Aspirin may not be the right choice for some people, especially those who are at risk for bleeding.
- Talk to your doctor before beginning to take aspirin to prevent heart disease and stroke.



**For Additional Information on
Aspirin for Prevention of
Heart Disease and Stroke:**

American Heart Association
www.americanheart.org

OR

Mayo Clinic
[www.mayoclinic.com/health/daily-
aspirin-therapy](http://www.mayoclinic.com/health/daily-aspirin-therapy)

Image sources:

Aspirin Tablet: [http://medicineworld.org/news/news-archives/
health-news/1760653784-March-9-2008.html](http://medicineworld.org/news/news-archives/health-news/1760653784-March-9-2008.html)

Heart Attack Graphic:

<http://health.howstuffworks.com/heart-attack3.htm>

Developed by:

Alexander Merkle, MS3

University of Minnesota Medical School

Aspirin May Help Prevent Heart Attack and Stroke





Aspirin Can Help Prevent Heart Attack and Stroke

The US Preventative Services Task Force recommends:

IF you are not at risk for a bleeding condition or taking medications that may increase your risk for bleeding:

Men (45-79 years old): Take a low dose aspirin.

Women (55-79 years old): Take a low dose aspirin.

Men (less than 45): Low dose aspirin is NOT recommended.

Women (less than 55): Low dose aspirin is NOT recommended.

Men and Women (over 80): The risks and benefits of aspirin are unclear in your age group. Talk to your doctor.

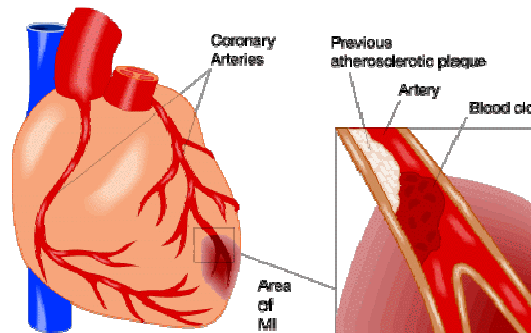
Check with your doctor before taking aspirin to prevent heart disease. Only you and your doctor can decide if aspirin therapy is right for you.

HOW ASPIRIN WORKS TO PREVENT HEART ATTACK AND STROKE

Researchers believe that aspirin works by blocking chemicals that your body naturally makes to produce blood clots.

A heart attack can occur when cholesterol that is stuck in an artery wall breaks free and causes a clot. If that clot blocks the artery that feeds blood and oxygen to your heart, you have a heart attack.

Stroke is often caused from blocking blood flow to your brain. Aspirin works to prevent some types of stroke the same way it protects your heart: by stopping clots.



From: How Stuff Works: Heart Attack

- “MI” stands for “myocardial infarction” which is the medical term for heart attack.
- “Atherosclerotic plaques” are cholesterol build-ups in your body that can break free and cause heart attacks.

BE CAREFUL: ASPIRIN IS NOT FOR EVERYONE

Aspirin slows clotting and may affect your breathing. Aspirin can be dangerous for some people. You should check with your doctor before beginning to take aspirin for prevention of heart attack and stroke.

Conditions that may stop you from taking aspirin include:

- Easy bleeding (bleeding or clotting disorders)
- Asthma
- Stomach ulcers
- Heart failure
- Alcohol use

Low Dose Aspirin is Safer and Just as Effective As Regular Aspirin

To prevent heart disease and stroke, low dose aspirin is just as effective as the regular dose aspirin used for headache and other pain.

Low dose aspirin may be less likely to damage your stomach and intestines and cause bleeding.

For protecting your digestive system from bleeding, the *dose* of aspirin you take is more important than whether the aspirin is “buffered.”