

## ♥ Health Minute™

An aspirin a day keeps heart attacks away

Are you at risk for a heart attack or a stroke? Have you already had a heart attack? If your answer is yes to either question, aspirin should be part of your daily routine. In blood vessels that are narrowed from atherosclerosis (fatty deposits) a blood clot can form and block the artery preventing blood flow to the heart or brain causing a heart attack or a stroke. Aspirin reduces the clumping ability of platelets and prevents these blood clots from forming. One of the medications given to patients *during* a heart attack is aspirin because of its powerful anti-platelet properties. What is the best dose of aspirin to take? Anywhere from 75 to 325 milligrams of aspirin has proven to be effective – discuss which dose is right for you with your doctor.



Who should take aspirin?  
Dr. Ruggieri says...

A daily aspirin can:	Women under age 65	Women over age 65	Men (all ages)
Prevent first stroke	X	X	
Prevent first heart attack		X	X
Reduce heart disease risk	X	X	X
Prevent second heart attack	X	X	X
Reduce risk of colon cancer	X	X	X
Reduce risk of prostate cancer			X

