

## Why Taking a Daily Aspirin is Important

### What is aspirin?

Aspirin is one of the oldest pain relievers in the world. Over the past 100 years, aspirin has been used more than any other medicine for pain relief. Aspirin is the only over the counter pain reliever approved by the U.S. Food and Drug Administration for prevention of heart disease in persons who have had a first heart attack or stroke.

### How will taking aspirin help me?

Studies have shown that taking a low-dose aspirin every day lowers the risk of heart attack and stroke. Aspirin can benefit people at high risk of a heart attack, such as those with diabetes and other risk factors, like high blood pressure.

### How does aspirin lower my risk for a heart attack?

It is not fully understood how aspirin works, but it keeps red blood cells from sticking together. These red blood cells seem to stick together more easily in people with diabetes. When this happens a blood clot can form and narrow or block a blood vessel. This can lead to a heart attack or stroke.

### Who should take aspirin?

The American Diabetes Association recommends aspirin therapy for people who have diabetes and are over forty years old. People aged 30-40 who have additional risks, such as high blood pressure or high cholesterol, might also need long-term aspirin therapy. You should talk to your doctor about aspirin therapy. Low dose aspirin isn't safe for everyone.

### Who should NOT take aspirin?

You should avoid taking aspirin if

- You're allergic to it
- You bleed easily
- You have recently had bleeding from your digestive tract
- You have liver disease that is active
- You are under the age of 21.

### How much aspirin should I take every day?

Your health care provider can suggest a dose for you, but most people take an aspirin pill with 75 or 162 mg every day.

Aspirin use is recommended by the





**For more information contact:**

Alaska Area Diabetes Team

4315 Diplomacy Drive

Office Phone (907) 729-1125

Anchorage, Alaska 99508

For Appointments (907) 729-1500

<http://www.anmc.org/services/diabetes/>

Diabetes Pharmacist (907) 729-2164

The Alaska Native Tribal Health Consortium and Southcentral Foundation jointly own and manage the Alaska Native Medical Center under the terms of Public Law 105-83. These parent organizations have established a Joint Operating Board to ensure unified operation of health services provided by the Medical Center.

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Source: [www.diabetes.org](http://www.diabetes.org) and [www.ihs.gov](http://www.ihs.gov)