Health Corner
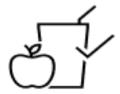
An aspirin a day, keeps the Doctor away?

For the past forty years or so, aspirin has been used as both an essential treatment for heart attacks and a medication to prevent them. Recently, recommendations have changed.

Should I continue to take a daily aspirin?

If you have been prescribed an aspirin daily, do NOT stop taking it without consulting with your provider first. You likely need it. However, if you do not have a heart condition and have been taking aspirin there may be more harm than benefit.

What is the harm with aspirin?

The [ASPREE trial](#) conducted in Australia and the US failed to show a cardiovascular benefit over placebo but did note an increased risk of bleeding with low dose aspirin use in the elderly.

What is recommended to reduce heart disease risk?

With respect to diet, the [American College of Cardiology](#) emphasizes vegetables, fruits, legumes, nuts, whole grains, and healthy fats with the avoidance of trans fats for heart health. Eden diet anyone?