



# Heart Health:

## Daily Aspirin Therapy

Did you know that a daily dose of aspirin can help reduce risk of a heart attack or stroke? Aspirin interferes with the body's blood clotting action. Blood can clot within the vessels that supply blood to the heart and brain, and can then block arteries that are already narrowed due to buildup of fatty deposits. When this occurs, blood flow to the heart and brain are interrupted, which can lead to a heart attack or stroke. Taking aspirin on a daily basis can reduce clotting and potentially prevent a heart attack or stroke.

### Is Aspirin Therapy Right for Me?

Taking a daily dose of aspirin is not right for everyone. Ultimately it is up to you and your doctor to determine if a daily aspirin regimen will benefit your current health condition. Those who typically benefit from daily aspirin therapy are:

- Smokers
- People with high blood pressure
- People with a total cholesterol level of 240 mg/dL or greater
- People with a LDL cholesterol level of 130 mg/dL or higher
- Diabetics
- People who lack regular physical activity
- People with a family history of heart attack or stroke

*Daily aspirin therapy may not be appropriate for you if you have any of these health conditions:*

- Bleeding or clotting disorder
- Asthma
- Stomach ulcers
- Heart failure
- Increased bleeding risk due to taking certain medications

### Dosage

There is no uniform aspirin dosage that suits all patients with heart disease risk factors. Some people benefit from 75 mg, which is less than one baby aspirin, while others benefit from 325 mg, or one regular aspirin. Let your doctor determine what is appropriate for you.

### Side Effects

There are several side effects of taking daily aspirin therapy, which you should discuss with your doctor before beginning this regimen. They include:

- Bleeding stroke
- Development of stomach ulcer
- Allergic reaction
- Ringing in ears and hearing loss
- Negative interactions with alcohol

USI and the USI Health and Wellness Consultants recommend wellness programming options based on professional experience, understanding of the needs of the client, and identifying those resources best suited to meet the customer's needs. The final decision on any wellness program design and implementation rests with the client. Clients assume the responsibility to make sure all components of the wellness program have been reviewed by their own legal counsel. This document contains confidential and proprietary information that may not be reproduced or transmitted without the expressed written consent of USI. The health information contained in this document does not constitute medical or legal advice and is not intended to be a substitute for proper medical care provided by a physician. USI assumes no responsibility for any circumstances arising out of the use, misuse, interpretation, or application of any information.



Once beginning a daily aspirin regimen, never abruptly stop taking it, as it may cause blood clots to form.

Talk with your doctor first about how to safely discontinue this medication.