



Aspirins and Heart Health

Get moving

Aspirins should only be taken when recommended by a healthcare provider and may be appropriate:

- For men or women over 50 who have one or more risk factors for heart disease.
- For people with stable angina.
- For the treatment of unstable angina.
- For people who have heart disease, to help reduce the risk of heart attack.
- During a heart attack.
- After heart bypass surgery or coronary angioplasty is performed.
- For people who have had a stroke, transient ischemic attack (TIA), or surgery to prevent a stroke (carotid endarterectomy).

How aspirin works

Aspirin helps reduce the formation of blood clots. This decreases the chance that a blood clot will form and block a narrowed heart artery, leading to a heart attack or stroke. Brand-name aspirin is no more effective than generic or store brands.

For people at high risk for coronary artery disease

Studies show that people at high risk for coronary artery disease or who have established coronary artery disease benefit the most from aspirin therapy.

- Aspirin decreases the risk of heart attack as well as recurrent heart attacks.
- Aspirin may help reduce the severity of a heart attack when taken immediately after symptoms begin.
- Aspirin may help improve the symptoms of unstable angina.

Side effects and risks of aspirin therapy

Side effects of aspirin include:

- Inflammation of the stomach (gastritis)
- Gastrointestinal bleeding
- Allergic reaction
- Increased bruising and bleeding
- Very rarely, bleeding (hemorrhage) in the brain or other internal organs

Silver Cross Hospital offers a variety of fitness and exercise programs. Visit www.silvercross.org or call 1-888-660-HEAL (4325) for details.



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For this reason, increased risk of bleeding problems may exceed the benefits of preventive aspirin therapy in people with relatively low risk of developing cardiovascular disease.

Because aspirin reduces your blood's ability to clot, your physician may want you to stop taking aspirin at least 5 days before surgery or before a dental procedure that may cause excessive bleeding.

Consult your physician before using aspirin on a regular basis.

Take care. Take charge. Take heart.

Heart disease is the #1 killer of women. It is a greater threat than all cancers combined. Since 1984, more women than men have died each year of heart disease.

Silver Cross Hospital's Women's HeartAdvantage™ Program is committed to helping women with heart disease. But while there is much a hospital, its physicians and nurses can do, we can make an even greater difference together with you. Take care of yourselves. Know what your risk is. Know what your health indicators are. And then take charge. Choose to quit smoking, to eat better, to exercise more, and to improve your health. Because women of America, this is your life. We hope you'll put your heart into it.

For more information on Silver Cross Hospital's Women's HeartAdvantage™ Program or a referral to a Women's HeartAdvantage™ certified physician, call 1-888-660-HEAL (4325) or visit www.silvercross.org.



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