



spotlight on health

A “First-Aid Kit In A Bottle” Reaches 110

(NAPSA)—A mainstay in the medicine cabinets of many families is celebrating an anniversary.

Once just a treatment for arthritis, aspirin has become known as the world’s first-aid kit in a bottle. Discovered 110 years ago, this little pill is working wonders on modern pains, such as “BlackBerry thumb.” Plus, emerging science is exploring aspirin’s use in areas such as cancer, deep vein thrombosis and neurological/cognitive diseases such as Alzheimer’s.

According to Dr. Michael Roizen, co-founder of RealAge and chair of the Division of Anesthesiology, Critical Care Medicine and Pain Management at the Cleveland Clinic, “More than 50 percent of deaths and disability due to heart disease and stroke can be prevented by following appropriate cardiovascular risk-reduction strategies, which may include an aspirin regimen.”

In fact, if physicians advised all high-risk adults to consider daily aspirin therapy, it has been estimated that more than 80,000 lives could be saved each year.

Some even think aspirin should be considered “the 8th Wonder of the World.” Recently, a new national survey, commissioned by Bayer, revealed that 74 percent of Americans believe aspirin should take its place alongside the other Wonders of the World.

Here are some reasons doctors give for keeping aspirin close:

- When taken during a heart attack, aspirin may save a life
- Prevent a first heart attack with a regular aspirin therapy for 4 cents a day
- Prevent recurrent heart attack and stroke
- Manage pain associated with body discomfort due to use of com-



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puters, cell phones and PDAs

- Tame a tension headache
- Alleviate the pain of sunburn, including headache and fever
- Relieve pain caused by inflammation of the joints when used under a doctor’s care

Flowers may benefit from a dose of aspirin as well. That’s because flowers react to a cut like the body reacts to a wound, sending a number of signals to protect themselves. Aspirin halts these signals and relieves the flower from stress and premature wilting.

In celebration of the 110th anniversary of the discovery of aspirin, Bayer HealthCare will donate a total of 110,000 bottles of aspirin in all to three nonprofit organizations—AmeriCares, Project C.U.R.E. and Direct Relief International—via the Web site www.The8thWorldWonder.com.

Visitors to the Web site will be able to send free e-cards and, in doing so, have the power to select an organization to receive a bottle of aspirin.

For more information, visit www.The8thWorldWonder.com.