

♥ HEART HEALTH

Aspirin Just Gets Better With Age

(NAPSA)—In many ways aspirin just keeps getting better with age—partly because science keeps discovering ways aspirin can help you live a longer and healthier life.

Aspirin has long been considered a lifesaver, yet research keeps delivering good news about its medicinal value.

The lifesaving drug may be best known for its ability to keep hearts healthy. Aspirin is used to reduce the risk of heart attack in people with clogged coronary arteries and in those who've already had an attack. It may also reduce the risk of heart disease in individuals with diabetes.

The National Heart Foundation reports that patients who took low-dose aspirin had not only a 26 percent reduction in the risk of a nonfatal heart attack, but also a 25 percent reduction in the risk of a stroke and a 13 percent reduction in risk of death compared to similar patients who didn't take aspirin.

A daily low-dose aspirin therapy is commonly prescribed to adults to prevent heart attack and stroke and help improve blood flow to the heart.

Aspirin may also be effective in preventing cancer, Alzheimer's disease and deep-vein thrombosis (DVT).

Evidence is growing that shows aspirin can slow the progression of colon cancer, and preliminary data suggests that regular aspirin use may prevent certain cancers from occurring at all.

Population-based studies report that an aspirin a day will either slow the progression of or even prevent dementia such as Alzheimer's disease.

A recent study suggests that taking a low-dose aspirin before



A no-swallow, fast-dissolving form of aspirin makes taking a daily aspirin less of a chore, especially for older adults.

traveling may reduce the potential for DVT.

There's also evidence that aspirin may keep gall bladders healthy and may guard against severe periodontal disease by protecting fibers and ligaments around the teeth.

Taking aspirin is easier than ever. One of the latest advancements involves a no-swallow tablet that dissolves in the mouth, thus reducing the risk of ulcers and gastrointestinal bleeding. Known as Fasprin, this flavored, sugar-free aspirin enters the blood stream in just three to five minutes (up to 10 times faster than conventional aspirin) and guarantees that 100 percent of the aspirin will be working immediately (instead of slowly breaking down in the stomach).

A quick-dissolving form makes taking a daily dose much less of a chore, especially for older adults.

If you think that taking aspirin might benefit your health, you may want to discuss the idea with your doctor.

For more information about Fasprin, visit www.Fasprin.com. It's available wherever aspirin is sold or through the Web site.