

# Health Bulletin

## Heart Health Advice On Aspirin

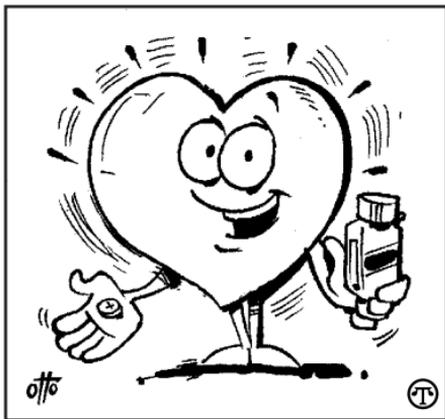
(NAPSA)—The American Heart Association recommends aspirin for the prevention of recurrent heart attacks and stroke. However, many of the 26 million Americans who are on aspirin therapy for its cardiovascular benefits may be taking more than they need.

If you are taking one regular-strength aspirin, which is 325mg (milligrams), you are taking four times as much aspirin as you need for prevention of a recurrent heart attack or stroke. Studies show that 81mg of aspirin is as effective as higher dosages in preventing a recurrent heart attack. You should always talk with your doctor before starting a daily aspirin program.

Many adults may be surprised when their doctor recommends St. Joseph 81mg Aspirin as part of a treatment plan to help reduce their risk of another heart attack or stroke. Millions of Americans will remember the distinct, orange-flavored tablet from their childhood. St. Joseph is the only branded aspirin available in just one strength—81mg. This low strength is the dose recommended most by doctors for the prevention of a recurrent heart attack.

"In the case of aspirin, more is not always better," explains Mary Ann McLaughlin, M.D., Assistant Professor of Cardiology at Mt. Sinai Medical School of Medicine in New York. "I recommend 81mg of aspirin, such as St. Joseph, because this single dose provides effective cardio-protection, and higher doses of aspirin are associated with elevated risk of stomach problems."

A heart attack or stroke occurs when oxygen-rich blood is prevented from reaching the heart or brain by a blockage of an artery. These blockages are often caused by a blood clot. Aspirin has been shown to help prevent blood from



clotting. A low-strength aspirin therapy, therefore, has been demonstrated to be beneficial for those at risk of a recurrent heart attack or stroke.

Talk to your doctor to find out if you are a candidate for 81mg aspirin therapy as part of an overall heart health program. Following are some easy questions you can answer and discuss with your doctor on your next visit. You can also take the heart health profile and learn more about aspirin therapy online at [www.stjosephaspirin.com](http://www.stjosephaspirin.com).

### Heart Health Profile

(Answer true, false or not sure)

- I smoke or spend several hours or more a day with people who smoke.
- I am overweight.
- I exercise regularly for (20 min./day, 3 days/wk, or more).
- I have high blood pressure or a family history of it.
- I have high cholesterol or a family history of it.
- I have a family history of heart disease.
- I have had a heart attack or stroke.
- I am a man over 45 years old or a woman over 55.
- I have diabetes.
- I have a family history of diabetes.