

Talk to Your Doctor About Taking Aspirin to Prevent Heart Attacks and Strokes

Did you Know?

Heart Disease is the leading cause of death in Oklahoma

Risk factors for heart disease include

- Age
- Smoking
- Diabetes
- High blood pressure ($\geq 140/80$ mm Hg)
- High cholesterol (≥ 200 mg/dl)
- Peripheral artery disease
- Family history of heart disease

Aspirin has been shown to reduce the risk of heart attacks and strokes in persons with risk factors

Who should talk to their doctor about aspirin to prevent heart disease?

- Men over the age of 40
- Women 65 years and older
- Younger persons with risk factors for heart disease

People who should probably NOT take aspirin include those who:

- Take Coumadin, warfarin, Plavix, clopidogrel, heparin, or ibuprofen
- Have a tendency to bleed, have a serious bleeding event, or have iron deficiency
- Drink more than 14 alcohol-containing drinks per week
- Have high blood pressure that hasn't been controlled

Make sure to tell your doctor if you take herbal remedies such as

ginkgo biloba or large amounts of fish oil, flaxseed oil, garlic, red clover, or vitamin E



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