Is An Aspirin a Day Still OK?

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Currently recommends a daily low dose of aspirin (75-162 mg) for the following groups

One low dose aspirin a day for:

- People with diabetes who have had a heart attack or stroke or who have been diagnosed with cardiovascular disease

One low dose aspirin a day for:

- People with diabetes who are at increased risk for developing CVD because:
  - Over 40
  - Family history of CVD
  - Smoke
  - High blood pressure (being treated for)
  - High cholesterol (being treated for)
  - Protein in urine

Reasons from ADA

- People with diabetes have a 2-4 times risk for developing heart disease
- People with diabetes have increased "platelet aggregation" (blood is more likely to clot than normal)

Sticky Blood

- Blood is made up of red and white blood cells, plasma, platelets
- RBC carry O2
- WBC fight germs
- Platelets are sticky particles that help heal wounds by causing the blood to clot at the site of an injury
- Plasma is the liquid
### Sticky Blood
- In diabetes, platelets tend to be too sticky and are more likely to form clots when clotting is not needed.
- Aspirin “thins” the blood to make the platelets less sticky.

### Always discuss with your doctor before starting aspirin.
Certain medical conditions or medications can interfere or interact with aspirin and may be unsafe.

### Remember:
- Aspirin can be an ingredient in some combination medicines.
- The most common side effect is irritation of the stomach lining. Use a coated aspirin product or take with food.
- Best to take at the same time each day.
- Aspirin does degrade over time. Discard if it smells like vinegar.

### Remember:
- Avoid taking aspirin with NSAID’s
  - Ibuprofen
  - Naproxen
  - Diclofenac
- May increase the side effects and make the medications less effective.

### Stomach irritation
- The higher the dose of aspirin, the greater risk of stomach irritation.
- Drinking more than 3 alcoholic drinks a day raises risk of stomach irritation and bleeding.
- History of GERD and stomach ulcers.
- Steroids such as prednisone.
- Smoking.
- Gout.
- Kidney disease.
- Liver disease.
- Taking a blood thinner such as Coumadin, Lovenox.
- Taking Plavix.

### Don’t rely on …
- An aspirin will not protect you from developing CVD by itself.
- Heart-healthy eating.
- Healthy weight.
- Physical activity.
- Blood glucose control.
- Stop smoking.
- Blood lipid control.
New Findings …
- Use of aspirin to prevent heart attacks and strokes in people who do not have CVD has little benefit
- Use of aspirin for people who have CVD is beneficial in preventing heart attacks
- More long term studies are needed

Aspirin is Powerful
- Over the counter
- Use caution
- A powerful drug
- Review aspirin use with your doctor at least once a year and if your condition or medications change