

## When should you take **daily aspirin**?

If you have had a heart attack, stroke, bypass surgery, or stent placed, taking an aspirin a day is an important part of treatment. It can help you prevent another heart attack or stroke.

**For others, the benefit of aspirin is less clear.**



Never stop taking any medication, including aspirin, without talking with your health care team first.



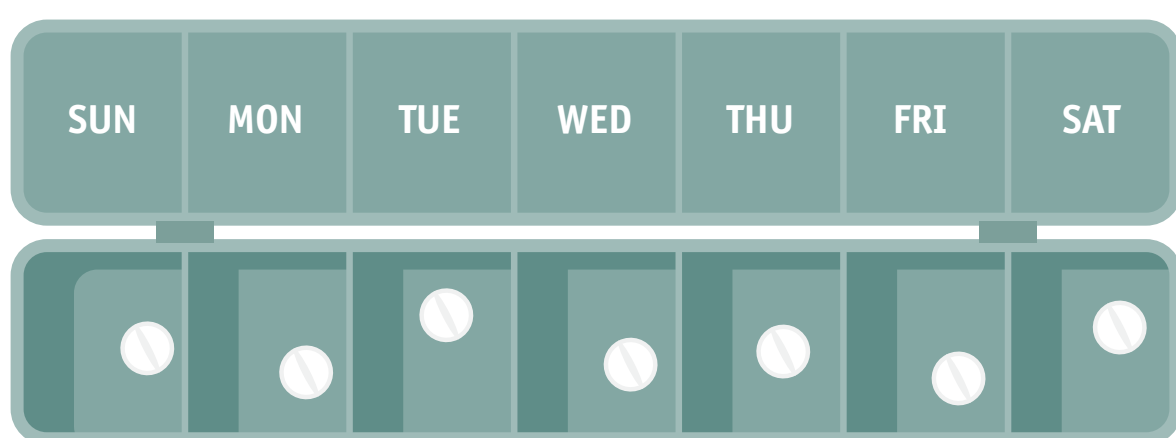
### AFTER A PAST HEART ATTACK OR STROKE

Taking a low-dose aspirin (75-100 mg) a day can lower your chance of having another heart attack or stroke.



**Take a low-dose aspirin each day if you already have had:**

- ▶ Heart attack
- ▶ Stroke
- ▶ Heart bypass surgery
- ▶ Stent placed to open clogged blood vessels to your heart or brain



### NO PAST HEART ATTACK OR STROKE

Taking aspirin can help prevent heart attack or stroke, but it can also cause stomach upset or bleeding.



**If you don't have heart disease, and haven't had a heart attack or stroke, taking an aspirin a day depends on if you:**

- ▶ Are 40-70 years old
- ▶ Have a higher chance of a heart attack or stroke
- ▶ Have a low chance of bleeding



**In general, don't take an aspirin a day if you are:**

- ▶ 70 or older and don't have heart disease
- ▶ Any age and have a higher risk of bleeding

Risk of bleeding may outweigh the benefit.

Source: 2019 ACC/AHA Guideline on the Primary Prevention of Cardiovascular Disease

visit [CardioSmart.org/Aspirin](https://www.cardiosmart.org/Aspirin) to learn more.

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