**ASPIRIN AND HEART DISEASE**

**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.**

---

**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

---

Visit [CardioSmart.org/Aspirin](http://CardioSmart.org/Aspirin) to learn more.

Information provided for educational purposes only. Please talk to your health care professional about your specific health needs.

To download or order posters on other topics, visit [CardioSmart.org/Posters](http://CardioSmart.org/Posters)