

# ASPIRIN IN THE NEWS

JULY 2015

## In the Spotlight

### For Consumers

#### Aspirin Use Common Among Americans With Heart Trouble

July 16, 2015 About seven in 10 Americans who've had heart disease or a stroke regularly take aspirin, U.S. health officials report. Researchers from the U.S. Centers for Disease Control and Prevention wanted to know who takes it regularly (daily or every other day) and why.

### For Health Care Providers

#### Aspirin for Primary Prevention of Cardiovascular Disease and Cancer. A Benefit and Harm Analysis

July 7, 2015 The main analysis as well as the sensitivity analyses showed that aspirin has more benefits than harms. In the sensitivity analyses, the index was also positive for all age categories suggesting more benefits than harms. This study suggests an overall benefit of aspirin for primary prevention of cardiovascular disease and cancer based on population-based data.

## Consumer News

#### Risk of Bowel Cancer Reduced by Taking Aspirin for Lynch Syndrome Patients

June 26, 2015 An international study led by The University of Melbourne has confirmed that long-term regular taking of aspirin or ibuprofen reduces the risk of bowel cancer by more than half for people with the genetic mutation causing Lynch syndrome.

#### UK NICE Quality Standard Replaces Aspirin With New Anticoagulants for VTE and Stroke Prevention in AF Patients

July 9, 2015 The United Kingdom's National Institute for Health and Care Excellence (NICE) issued a quality standard advising that adults with atrial fibrillation (AF) should be prescribed newer anticoagulant medications instead of aspirin for the prevention of venous thromboembolism (VTE) and stroke. According to NICE, the risks of taking aspirin—which can cause stomach bleeding—now outweigh the benefits of taking the drug, which has been used for years to help protect patients from stroke.

#### Health & Fitness: An Aspirin a Day Does What?

July 15, 2015 It is likely that many people reading this article take a baby aspirin daily. Have you ever stopped and asked why? This is actually a much more complicated answer than a simple yes or no.



## Health Care Provider News

### **Bleeding Risk and Antithrombotic Strategy in Patients With Sinus Rhythm and Heart Failure With Reduced Ejection Fraction Treated With Warfarin or Aspirin**

June 16, 2015 Existing bleeding risk scores can identify bleeding risk in patients with heart failure with reduced ejection fraction (HFrEF) in sinus rhythm (SR) and could be tested for potentially identifying patients with a favorable risk/benefit profile for antithrombotic therapy with warfarin.

### **The Multifaceted Clinical Readouts of Platelet Inhibition by Low-Dose Aspirin**

July 2015 The intent of this review is to develop the concept that the multifaceted therapeutic effects of low-dose aspirin may reflect pleiotropic consequences of platelet inhibition on pathophysiological tissue repair processes. Furthermore, the clinical implications of this concept will be discussed in terms of current clinical practice and future research.

### **Use of Aspirin for Prevention of Recurrent Atherosclerotic Cardiovascular Disease Among Adults — 20 States and the District of Columbia, 2013**

July 17, 2015 To estimate the prevalence of aspirin use for secondary ASCVD prevention among community-dwelling adults, CDC analyzed 2013 Behavioral Risk Factor Surveillance System (BRFSS) data from 20 states and the District of Columbia. Overall, 70.8% of adult respondents with existing ASCVD reported using aspirin regularly (every day or every other day).

### **Aspirin and Lipid Mediators in the Cardiovascular System**

July 19, 2015 The complex story of interactions between aspirin, cyclooxygenases, thromboxane and other lipid mediators in the cardiovascular system is not fully understood yet. Specifically, thromboxane as the key, aspirin-sensitive lipid mediator has found renewed attention in other therapeutic fields.

### **Aspirin Suppresses the Growth and Metastasis of Osteosarcoma Through the NF- $\kappa$ B Pathway**

July 22, 2015 Aspirin has recently been reported to reduce both the incidence and the risk of metastasis in colon cancer. However, there is no evidence at the cellular levels or in the animal models for such an effect of aspirin on cancer metastasis. Aspirin suppresses both the growth and metastasis of OS through the NF- $\kappa$ B pathway at the cellular level and in the animal models.

### **Postoperative Atrial Fibrillation Is Associated with High On-Aspirin Platelet Reactivity**

July 24, 2015 The main finding of our study indicates there is added platelet activation in patients with postoperative atrial fibrillation (POAF) after coronary artery bypass grafting (CABG) before and after controlling for pathologic conditions through propensity matching. The present study does not prove a causal association between POAF and high on-aspirin platelet reactivity.

