

COUNCIL ON ASPIRIN FOR HEALTH AND PREVENTION

The Council on Aspirin for Health and Prevention (Council) is an autonomous, multi-disciplinary, ad hoc group of independent healthcare professionals. The Council is dedicated to increasing the appropriate use of low-dose aspirin to improve health.

The Council and its Origin

Convened by Altarum Institute, the Council identifies and vets aspirin-related ideas and opportunities, serving as a forum for scientific review, discussion, and guidance development. Council efforts are focused on the provider-patient relationship and the interventions, policies, educational strategies, and systems that influence this relationship.

In its landmark study ranking the value of clinical preventive services, the National Commission on Prevention Priorities (convened by Partnership for Prevention) found that counseling about regular aspirin use is one of the highest value clinical preventive services clinicians can provide. Council members serve as advocates and ambassadors, creating and implementing a pragmatic, high-impact approach to energize health professionals' sense of urgency and action for the appropriate use of aspirin to prevent heart attacks and strokes. The Council is composed of health professionals with expertise in disease prevention across all fields - research, clinical practice, program management, and policy development.

Council Projects in 2016

- In September 2015, the United States Preventive Services Task Force issued a draft statement recommending aspirin for the primary prevention of colorectal cancer, the first time this body has recommended aspirin for cancer prevention. In 2016, the Council will develop a cancer section on www.aspirinproject.org to highlight the preventive benefits of aspirin and the types of cancer that may be affected.
- The Council will develop a case study describing Minnesota's successful Ask About Aspirin program for dissemination to states and communities. The program educates consumers about the benefits of aspirin in cardiovascular disease prevention and provides training and resources for health care providers.
- The Council will sponsor an external grant program to provide seed support to organizations for educational, communications, implementation science, and partnership-building activities that relate to aspirin and disease prevention.

Council Goals

- To increase the appropriate use of aspirin for primary prevention of cardiovascular disease, cancer and other conditions
- To encourage the use of evidence-based guidelines in primary care settings for the initiation and maintenance of aspirin to prevent heart attacks and strokes
- To activate aspirin counseling practices aimed at broader appropriate use of aspirin
- To disseminate evidence-based guidelines related to appropriate use of aspirin through presentations and publications for health care providers and the public

Council Strategies

- Spark new projects and programs that advance its mission
- Conduct research on aspirin-related issues
- Provide financial support for specific projects
- Offer its members to serve as liaisons to external organizations
- Develop and review materials
- Serve as an information conduit and communications hub
- Provide spokespersons for its initiatives

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2016 MEMBERSHIP

Chair – Andrew T. Chan, MD, MPH

Associate Professor, Department of Medicine, Harvard University
Attending Gastroenterologist, Massachusetts General Hospital

George K. Anderson, MD, MPH

Major General, U.S. Air Force, Medical Corps (retired)

Kathy Berra, MSN, ANP, FAAN

Cardiovascular Nurse Practitioner, Stanford Prevention Research Center
Stanford University School of Medicine

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