

# ASPIRIN IN THE NEWS

August 2016

## In the Spotlight

### For Consumers

#### **DR TOM COLUMN: Why is My Dad Being Asked to Carry Aspirin With Him?**

August 5. While previously doctors have been wary that aspirin could make bleeding strokes worse, there has been little evidence that this occurs and plenty of evidence that aspirin lessens the damage caused by clotting strokes.

### For Health Care Providers

#### **Aspirin and Cancer**

August 30. A review of the evidence supporting a chemopreventive effect of aspirin, its mechanisms of action, and ongoing studies that might affect the U.S. Preventive Services Task Force guidelines on aspirin use.

## Consumer News

#### **Aspirin for Heart Attack: Chew or Swallow?**

October 2015. Chewable aspirin has been shown to be faster-acting than swallowed aspirin, reaching its peak effects in the bloodstream in less than half the time of swallowed aspirin. A heart attack is a dynamic event, and early intervention can limit the damage.

#### **Study Sheds New Light on Link Between Gastrointestinal Bleeding and Aspirin Use**

August 3. For patients who have a history of bleeding in their lower GI tract, aspirin is associated with an increased risk of further bleeding. However, it also reduces cardiovascular events and death in these patients, pointing to clear benefits.

#### **Aspirin's GI Risks May Be Overstated**

August 25. GI bleeds linked to low dose aspirin tend to be mild and easily treated. Though cerebral bleeding linked to aspirin can be debilitating and sometimes fatal, these risks appear to be offset by the ischemic strokes and cancers that are prevented or ameliorated by aspirin use.



# Health Care Provider News

## **Adherence to Therapies for Secondary Prevention of Cardiovascular Disease: A Focus on Aspirin.**

July 30. Suboptimal adherence to chronic medications such as aspirin taken chronically for secondary prevention of cardiovascular disease creates a burden on the healthcare system.

## **Primary Prevention of Stroke**

August 9. This JAMA Clinical Guidelines Synopsis summarizes the AHA/ASA 2014 guidelines on primary prevention of stroke.

## **Focused Update on Duration of Dual Antiplatelet Therapy for Patients With Coronary Artery Disease**

August 10. This JAMA Clinical Guideline Synopsis summarizes a 2016 ACC/AHA focused guideline update on duration of dual antiplatelet therapy in patients with coronary artery disease.

## **The Role of Aspirin in Preventing Colorectal Cancer**

August 19. A summary of the wide body of evidence covering what we know of aspirin's role in colorectal cancer prevention, including peer-reviewed journals, governmental and professional society publications.

## **Antiviral Activity of Aspirin against RNA Viruses of the Respiratory Tract - an In Vitro Study**

August 20. Aspirin appears to have antiviral activity against influenza and HRV. Whether aspirin is effective at treating rhinoviruses and the common cold requires further investigation.

## **Aspirin in Pancreatic Cancer: Chemopreventive Effects and Therapeutic Potentials**

August 24. Aspirin is a promising chemopreventive agent and exerts significant therapeutic potentials in pancreatic cancer.

## **Is Aspirin Use Associated with a Decreased Risk of Ovarian Cancer? A Systematic Review and Meta-analysis of Observational Studies with Dose-response Analysis**

August 2016. The study suggests that aspirin can reduce the risk of ovarian cancer. In addition, a possible dose-response relation between frequency of use and ovarian cancer risk was observed.

## **Low-dose Aspirin or other Nonsteroidal Anti-inflammatory Drug Use and Prostate Cancer Risk: A Nationwide Study.**

September 2016. Long-term consistent use of low-dose aspirin therapy may provide modest protection against prostate cancer, with effects improved over time.

