

## The use of Aspirin

SA Heart® is affiliated to the European Society of Cardiology (ESC). The ESC published a 2021 Guideline entitled “ESC Guidelines on cardiovascular disease prevention in clinical practice”. The guideline recommends the following with regards to aspirin therapy in the prevention of cardiovascular disease:

1. Aspirin 75 - 100 mg daily IS recommended for secondary prevention of CVD – this includes any patient with diagnosed arterial disease (cerebral, coronary, peripheral arteries)
2. Antiplatelet therapy IS NOT recommended in individuals with low/moderate CV risk due to the increased risk of major bleeding – this includes people with no known vascular disease and are not high risk diabetics.

It is important that a patient with a prior heart attack, stents or bypass surgery, strokes or peripheral arterial disease SHOULD take aspirin.

Using aspirin in otherwise healthy people to prevent heart attacks or stroke is NOT recommended.