

aspirin as a preventative ---- basic query

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I am 58 yrs. old in reasonable good health. I do have high cholestrol (usually about 230-235), but my doctor has not put me on medication as my other risk factors are low (no family heart problems, generally excellent bp of about 105/75 and pulse about 65-75 and I am not overweight and I am trying to do some more exercise such as about 75 minutes on treadmill about 3 days/week).

My question concerns aspirin. My doctor is starting to suggest that his patients (in my type situation) take a baby aspirin per day (81 mg). Is this generally now recommended and also does it matter what brand or even what type (eg: chewable).

Mel