

Re: aspirin as a preventative ---- basic query

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I'm a retired physician with decent chemistry and a strong family history risk of MI. My physician has placed me on this regimen. I think this is recommended in a very high percentage of senior patients. In fact, I don't understand why everyone isn't on 81mg/day of ASA.

Good Luck in your quest.

Kent

MB wrote:

>

> *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*