



A MINUTE OF HEALTH WITH CDC

Pop a Pill

Use of Aspirin for Prevention of Recurrent Atherosclerotic Cardiovascular Disease Among U.S. Adults – 20 States and the District of Columbia

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[Announcer] This program is presented by the Centers for Disease Control and Prevention.

An aspirin a day can keep heart trouble away, but many adults with cardiovascular disease don't adhere to this preventive therapy. For adults who have had a heart attack or stroke, daily or every-other-day use of aspirin has been shown to reduce the risk of having another one. However, three in ten people who *could* benefit from aspirin aren't taking it or may be unaware of it. How often a person should take aspirin varies and some people may suffer serious side effects. If you've had a heart attack or stroke or are at high risk for one, talk with your health care provider and ask if you're a candidate for aspirin therapy.

Thank you for joining us on a Minute of Health with CDC.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.