

Toolkit: Aspirin

A Case for Change

National Facts:

- Coronary heart disease and cerebrovascular disease are leading causes of death in the United States.
- In 2002, the U. S. Preventive Services Task Force (USPSTF) strongly recommended that clinicians discuss aspirin with adults who are at increased risk for coronary heart disease.
- Evidence from one good quality randomized, controlled trial (RCT), one good quality meta-analysis, and two fair quality sub-analyses of RCTs demonstrate that aspirin use in patients without known cardiovascular disease (CVD) reduces the number of CVD events. Men in these studies experienced a reduction in the number of myocardial infarctions and women experienced a reduction in the number of ischemic strokes. Aspirin does not appear to affect CVD mortality or all-cause mortality in either women or men. The use of aspirin for primary prevention increases the risk for major bleeding events, primarily gastrointestinal bleeding (GIB), in both men and women. Men have an increased risk for hemorrhagic strokes with aspirin use. A new RCT and meta-analysis suggest that the risk for hemorrhagic strokes in women is not statistically significantly increased.ⁱ

Iowa Facts:

- 26.7% of Iowans take aspirin daily (most were over age 45);
- 8% of Iowans have a medical condition where aspirin therapy is not recommended.ⁱⁱ

This toolkit will:

- Provide Iowa health care providers with educational resources to better inform themselves and their patients about preventing heart attack and stroke through daily aspirin therapy.
- Provide Iowa health care providers with evidence and support in order for them to become advocates for policy/environmental change.

Tool Kit Developed: March 2011

Clinical Guidelines and Protocols

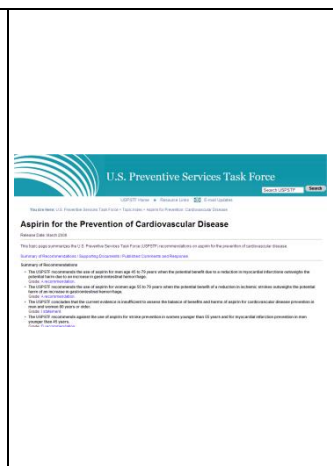
Aspirin for the Prevention of Cardiovascular Disease. U.S. Preventative Services Task Force. March 2009.

U.S. Preventative Services Task Force guidelines related to aspirin use and the prevention of cardiovascular disease. Very thorough web page includes links to the recommendation statement, supporting article, evidence synthesis, clinical summary patient brochures, and clinician fact sheets. *Available for download at no cost.*

Aspirin for the Prevention of Cardiovascular Disease, March 2009

- ▶ [Recommendation Statement \(PDF File, 335 KB; PDF Help\)](#)
- ▶ [Supporting Article \(PDF File, 160 KB; PDF Help\)](#)
- ▶ [Evidence Synthesis \(PDF File, 145 KB; PDF Help\)](#)
- ▶ [Clinical Summary \(PDF File, 114 KB; PDF Help\)](#)

<http://www.uspreventiveservicestaskforce.org/uspstf/uspsasmi.htm>



Clinical Summary of U.S. Preventive Services Task Force Recommendation-Aspirin For the Prevention of Cardiovascular Disease, Agency for Healthcare Research and Quality (AHRQ)

One-page clinical summary of the USPSTF Aspirin recommendations.

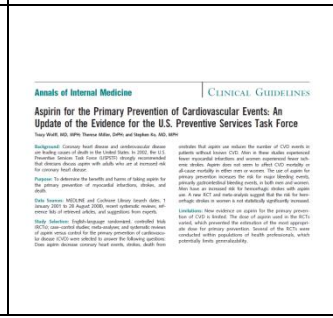
<http://www.uspreventiveservicestaskforce.org/uspstf09/aspirinevd/aspevdsum.pdf>



Aspirin for the Primary Prevention of Cardiovascular Events: An Update of the Evidence for the U.S. Preventive Services Task Force. Tracy Wolff, MD, MPH; Therese Miller, Dr PH; and Stephen Ko, MD, MPH. Published in the Annals of Internal Medicine. March 2009.

Clinical guidelines regarding the use of aspirin to reduce the risk for myocardial infarction in men and stroke in women. *Available for download at no cost.*

<http://www.annals.org/content/150/6/405.full>



Primary Prevention in the Adult, American Heart Association.

AHA Recommendation

The decline in death rates from cardiovascular disease in the United States is probably due largely to people adopting a healthier lifestyle. That's why it's important for healthcare professionals to implement American Heart Association guidelines for primary and secondary prevention.

Aspirin Use in Adults

Goal: Low-dose aspirin in people at higher risk of coronary heart disease (especially those with a 10-year CHD risk of 10 percent or greater).

Recommendations

- Do not recommend for patients with aspirin intolerance (or allergy).
- Low-dose aspirin increases risk for gastrointestinal bleeding and hemorrhagic stroke. Do not use in people at increased risk for these diseases.
- Benefits of reducing cardiovascular risk outweigh these risks in most patients with higher coronary risk.
- Doses of 75–160 mg per day are as effective as higher doses. Consider 75–160 mg aspirin per day for people at higher risk (especially those with a 10-year CHD risk of 10 percent or greater).

<http://www.americanheart.org/presenter.jhtml?identifier=4704>



The Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure - Complete Report

JNC 7 Complete Report: The Science Behind the New Guidelines

This complete version of the updated guidelines for hypertension is written for the health care professional who wants to understand the science behind the new recommendations on high blood pressure. The JNC 7 Complete Report focuses on the new evidence, including a revised treatment algorithm, drug tables, and more. Get this for the health professional or researcher who needs to understand the full scope and significance of the new findings on high blood pressure.

See page 14 for Aspirin Use , JNC 7 Express NIH publication No. 03-5233.

<http://www.nhlbi.nih.gov/guidelines/hypertension/express.pdf>



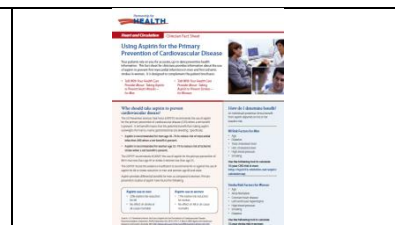
Educational Materials

Provider Education



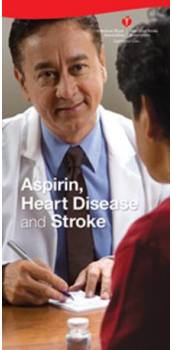

Using Aspirin for the Primary Prevention of Cardiovascular Disease. U.S. Preventive Services Task Force. March 2009.

Provides information about using aspirin to prevent first myocardial infarctions in men and first ischemic strokes in women. *Available to download at no cost.*

<http://www.ahrq.gov/clinic/cvd/aspprovider.pdf>


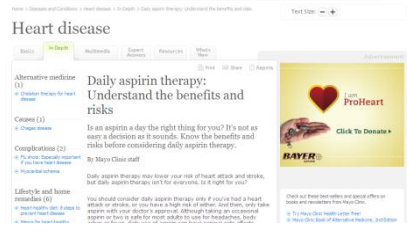


Patient Education

<p>For Men: Talk With Your Health Care Provider About Taking Aspirin to Prevent Heart Attacks. U.S. Department of Veterans Affairs and the U.S. Department of Health and Human Services. April 2009.</p> <p>**A brochure for men which explains why aspirin can effectively prevent heart attacks. Has a small area on the back panel you can place your clinic’s contact information. <i>Available for download at no cost.</i> http://www.ahrq.gov/clinic/cvd/aspirinmen.pdf</p>	
<p>For Women: Talk With Your Health Care Provider About Taking Aspirin to Prevent Strokes. U.S. Department of Veterans Affairs and the U.S. Department of Health and Human Services. April 2009.</p> <p>**A brochure specifically designed for a woman that provides information about aspirin’s usefulness in preventing strokes. Has a small area on the back panel you can place your clinic’s contact information. <i>Available for download at no cost.</i> http://www.prevention.va.gov/docs/AHRQ_Partnership_Health/Aspirin_womenF.pdf</p>	
<p>Aspirin, Heart Disease, and Stroke. The American Heart Association. 2010.</p> <p>A booklet about aspirin therapy and its ability to be used for the prevention of heart disease and stroke as well as its use as acute event treatment. <i>Available for purchase at www.krames.com – item number 50-1634.</i> https://www.krames.com/OA_HTML/ibeCCtpItmDspRte_kra.jsp?JServSessionIdrotistore2=ox3h41adi1.olbOpR9zawTNr65TrQjGp2TxpQOUolbOpR9zawTNr65TrQjGp2TxpQOUahmKa30-&dbprod_prod=PLZ_Q3PDFSTNulcTXMhgDH2e:S&dbprod_prod_pses=ZG8ACF805BA0BE83882C8C759792254509FFC576C9CA8A339DB6B5B1FCF7C4E28537DBB702E62BCFCCEB801F484ED59ACF480020BED1F6B2D346D260B760182E36A&item=346410</p>	
<p>Aspirin for Reducing Your Risk of Heart Attack and Stroke: KNOW THE FACTS; United States Food and Drug Administration, 04/30/2009</p> <p>A brochure describing the facts about aspirin use to reduce the risk of heart attack and stroke and how to work with a health professional prior to taking it for this use. http://www.fda.gov/Drugs/EmergencyPreparedness/BioterrorismandDrugPreparedness/ucm133431.htm</p>	

Resources

Web Sites of Interest

<p>Aspirin Foundation Web Site The Aspirin Foundation is a source of information for consumers, health professionals and journalists on all scientific and general aspects of aspirin usage. By using this resource you can obtain up-to-date information or receive help in constructing media articles. The Foundation also provides support for medical and scientific studies, meetings and symposia which will extend the knowledge base on aspirin.</p> <p>http://www.aspirin-foundation.com/uses/cardio.html</p>	
<p>Daily Aspirin Therapy: Understand the Benefits and Risks. Mayo Foundation for Medical Education and Research. 2010.</p> <p>Website developed to help patients understand the benefits and risks of daily aspirin therapy.</p> <p>http://www.mayoclinic.com/health/daily-aspirin-therapy/HB00073</p>	

Healthcare Professional Organizations

- American Heart Association
- American Stroke Association
- Centers for Disease Control and Prevention
- Joint National Committee
- United States Preventive Services Task Force

Reference

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For more about this project, contact Terry Meek, the Heart Disease and Stroke Prevention Project Coordinator for the Iowa Department of Public Health at tmeek@idph.state.ia.us or 515-281-6016.

ⁱ Aspirin for the Primary Prevention of Cardiovascular Events: An Update of the Evidence for the U.S. Preventive Services Task Force, AHRQ Publication No. 09-05129-EF-1, March 2009.

ⁱⁱ Centers for Disease Control and Prevention, Behavioral and Risk Factor Surveillance System (BRFSS), State of Iowa data, 2009.