

Are You At Risk For Heart Disease?

(NAPSA)—If you are overweight, smoke and don't eat a healthy diet or exercise regularly, you may be at increased risk for a heart attack. According to the American Heart Association (AHA), approximately 1.1 million Americans will have their first or recurrent heart attack this year and over 45% of them will die. Further, over 600,000 Americans will suffer from their first or recurrent stroke; of those, 167,000 will die. To help improve these statistics, physicians are now being challenged to begin comprehensive risk reduction for more patients at an earlier stage of their disease.

New AHA guidelines issued in the Primary Prevention of Cardiovascular Disease and Stroke: 2002 Update may help these physicians accomplish these goals. The AHA now recommends that adults with high risk of cardiovascular disease talk to their doctors about low-strength aspirin to avoid a potentially fatal or disabling first heart attack or stroke.

The guidelines found that low-strength aspirin, which they defined as 75 to 160 mg, is as effective as higher doses. The recommendations also note that the benefits of cardiovascular risk reduction outweigh the risk of gastrointestinal side effects in

people with a 10% risk of heart disease over the next 10 years.

"Patients on an aspirin regimen should talk with their doctor again to find out if they are taking the optimal dose because these guidelines confirm that in the case of aspirin, more is not always better," explains Mary Ann McLaughlin, MD, MPH, FACC, assistant professor of medicine cardiology and geriatrics, co-director of Women's CARE (Cardiovascular Assessment And Risk Evaluation) Program, Mt. Sinai School of Medicine, New York, NY.

"For cardio-protection, I recommend 81mg aspirin because this single dose is effective and carries significantly less risk of serious GI problems," continues Dr. McLaughlin.

In the United States, low strength aspirin is 81 milligrams and is often associated with the St. Joseph® 81mg Aspirin brand. Millions of Americans have fond childhood memories of the little orange tablet their mom used to give, which is now used by adults as part of a doctor recommended treatment regimen to reduce the risk of recurrent heart attack and stroke.

You can log on to www.81mg.com for a free sample of low dose aspirin. Talk to your doctor to determine if low dose aspirin is right for you.

New AHA Screening Recommendations

Every 2 years, test your

- ♥ Blood pressure
- ♥ Body mass index (BMI)
- ♥ Waist Circumference
- ♥ Pulse

Every 5 years:

- ♥ Get a cholesterol profile
- ♥ Test glucose levels

Improve your heart health profile by:

- ♥ Eating a healthy diet
- ♥ Maintaining a healthy weight
- ♥ Exercising regularly
- ♥ Avoiding tobacco

Do you know your heart disease risk?

Take the St. Joseph Heart Health Profile at www.stjosephaspirin.com.

Bring the results to your next doctor's appointment to see if daily low-strength aspirin therapy with St. Joseph® Aspirin is right for you.

