



The Facts about Diabetes and Aspirin

The American Heart Association, The Annals of Internal Medicine, and the U.S. Preventative Services Task Force recommend a daily low dose of aspirin for:

> people with diabetes who have already had a heart attack or stroke or who have been diagnosed with some form of cardiovascular disease.

> people with diabetes who are at risk of developing cardiovascular disease:

High blood glucose	Physical inactivity	Smoking
High blood pressure	Overweight	Being male
High cholesterol	Over age 40	Family history of heart disease

Diabetics generally have a risk for cardiovascular disease that is 2-4 times greater than that of the rest of the population. Additionally, people with diabetes tend to have “platelet aggregation”, which means their blood is more likely to clot abnormally. This can lead to heart attack or stroke. Regular aspirin use “thins” the blood clot formation.

Aspirin belongs to the class of drugs known as non-steroidal anti-inflammatory drugs (NSAIDS). Avoid taking aspirin with other NSAIDS, such as ibuprofen or naproxen. Aspirin should be taken with food, milk, or a full glass of water to help minimize stomach irritation and bleeding and should be avoided. If your bottle of aspirin has expired or smells like vinegar, discard it.

Check with your primary care provider before starting daily aspirin use. Additionally, always let your physician know you are taking aspirin if you are scheduled for any type of medical, dental, or surgical procedure.