

# Ask About Aspirin

MINNESOTA INITIATIVE AIMS TO  
REDUCE HEART ATTACKS



**F**or over 90 years, the American Heart Association has led efforts to reduce heart disease and stroke and help people build healthier lives. The AHA also works with organizations that share these goals by providing a science base and programs supporting real world cardiovascular health efforts.

One example of that is the Minnesota Heart Health Program (MHHP). Over the past 35 years, MHHP has created initiatives that improve heart health across the state of Minnesota and the nation. MHHP provides what is needed to make heart health prevention goals a reality in the community.

MHHP's latest initiative is called *Ask About Aspirin*. The goal of *Ask About Aspirin* is to quickly and safely lower heart disease risk through:

- A statewide public awareness campaign focused on the importance of aspirin use for preventing a first heart attack or stroke for those who have been evaluated by their doctor as being at high risk. The campaign encourages them to ask their health professional if aspirin use is right for them.
- A cardiovascular quality improvement initiative encouraging primary care clinicians in all Minnesota

health systems and primary care practices to recommend the appropriate use of aspirin for their patients based on their thorough evaluation of a patient's risk.

"It's an easy way to reduce your risk. However, it's important to ask your health professional if aspirin is right for you," says Alan T. Hirsch, M.D., Director of the Vascular Medicine Program and the MHHP at the University of Minnesota Medical School.

Russell V. Luepker, M.D., M.S., Mayo professor in the School of Public Health at the University of Minnesota, explained, "Surveys before, during and after the initiative will measure success. Health systems may also participate in an electronic health-record system to evaluate the impact of the campaign on key health outcomes. Through this program we hope to avoid up to 10,000 heart attacks and strokes in Minnesota over the next five years."

*Ask About Aspirin* was designed by the Lillehei Heart Institute at the University of Minnesota Medical School, in partnership with the School of Public Health, and is an official partner of the U.S. Department of Health and Human Service's Million Hearts® initiative.

To learn more, or to take a self-assessment to see if aspirin might be right for you, visit [AskAboutAspirin.org](http://AskAboutAspirin.org). **HI**