Cardiovascular disease is the number one killer of men and women in Minnesota.

For some, taking a low-dose aspirin can help prevent first heart attacks or strokes. Ask your doctor if aspirin is right for you.

Five potential benefits of taking low-dose aspirin*

(*for those aged 50-69 whose doctors recommend it)

1

Reduces risk of cardiovascular disease

The U.S. Preventive Services Task Force found that taking low-dose aspirin can help prevent cardiovascular disease.

2

Low-dose aspirin prevents heart attacks

Aspirin helps prevent blood clots which can block arteries and cause heart attacks.

3

Low-dose aspirin prevents strokes

Aspirin helps prevent blood clots from forming in vessels that feed the brain, which helps prevent strokes.

4

Complements other prevention efforts

Healthy diet, healthy weight, physical activity, quitting tobacco, and limiting alcohol are all important to heart health.

5

Provides significant benefits for men and women

Aspirin use especially helps men avoid first heart attacks and women avoid first strokes.

Do not start an aspirin regimen before speaking with your medical provider.

Ask About Aspirin .org