

# Timeline of Aspirin Efficacy

**1915:** Aspirin becomes available without a prescription.

**1960s – 1970s:** Clinical trials verify that daily aspirin use protects against a first heart attack and stroke.

**2002 – Present:** American Heart Association & other groups recommend low-dose aspirin for prevention of heart attack and stroke in “at risk” adults.

**1897:** Dr. Felix Hoffman synthesizes ASA, the active ingredient in aspirin.

**1948–53:** Dr. Lawrence Craven (University of Minnesota, MD, 1914) discovers through bedside observations that 400 men prescribed aspirin hadn't suffered heart attacks.

**1990s:** Aspirin is widely used as a safe and cost-effective drug to prevent heart attacks and strokes in people with known heart disease.

**2012–present:** Aspirin use is promoted in “Million Hearts” campaign to prevent a first heart attack and stroke. The Minnesota Heart Health Program initiative promotes primary prevention of heart disease in Minnesota communities.

