

This information and other health topics can be found at....

DoctorDoug.com

USING ASPIRIN SAFELY

Aspirin is a very effective and useful medication. It is useful both as a treatment for inflammation and pain conditions, as well as a preventive for heart attack and stroke in people at risk.

The key to safe and proper use is making sure you stay within appropriate dosing guidelines.

Pros:

- Effective for pain relief
- Effective for heart attack, stroke prevention
- Reduces colon polyp and colon cancer rates if taken regularly

Cons:

- Can irritate the stomach when used for even a few days
- Can bother the kidneys when used in higher dosages over extended periods of time
- Can cause excessive bleeding or bruising if trauma occurs

TAKING ASPIRIN PROPERLY:

DOSING:

- Total Aspirin dosing should not exceed 4,000mg total in a day. This includes all forms of aspirin that may come in cold preparations or pain medications.

Proper dosing: 650 mg , up to 4 times daily (not to exceed the 4,000mg maximum above)

MONITORING:

Take with food if possible, but fine to take on an empty stomach if need be.

If taking regularly for Longer than 1 week:

- Take with Prilosec 20mg daily or Prevacid 15mg daily (or a prescription PPI medication)
- I recommend that anyone over the age of 60 who takes these medications regularly use a stomach-protecting medication regularly, to prevent ulcers in the stomach.
- PPI medications such as Prilosec or Prevacid are effective. Pepcid/Ranitidine are not effective for ulcer prevention.

Taking for longer than 3 months:

- Check kidney bloodwork
- If you are taking a dose over 1000mg per day on an ongoing basis, it is recommended that you assess the kidney function twice yearly as a precautionary measure, via the blood.