

Aspirin is not for Primary Prevention

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There are many situations where because of multiple risk factors we would like to start some pharmacotherapy in patients who already follow the diet and exercise and avoid smoking and drinking.

This is specially true in patients who have very bad family history, e.g. if father or brother had a heart attack before the age of 50. In the past we used to give such people aspirin specially if the patient was more than 50 years old. In the last few

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years it has been found that the bleeding complications in the stomach and brain (although is very rare) are a very big nuisance. Therefore, rightly the general practitioners should avoid prescribing Aspirin for primary prevention.

Of course Aspirin has to be given if stent or bypass surgery has been done for blockage in coronary artery as a secondary prevention for lifetime. Thus the only drug left is statins. More the reason the dose of statin has to be adjusted so that the LDL cholesterol level goes less than 100, preferably around 70.