

**Mayo Clinic Minute: Aspirin for heart health not headaches**

VIDEO	AUDIO
Jason	The old cliché is “Take two aspirin and call me in the morning.”
Jason	A mainstay in medicine cabinets for more than 100 years as a popular pain reliever, the take on aspirin now by health care providers is much different.
<b>Carrie Krieger, Pharm.D. Medication Therapy Management Mayo Clinic</b>	“Aspirin isn’t really used anymore to treat pain.”
Jason	Instead, aspirin often is prescribed to reduce the chances of heart attack and stroke for those at high risk.
<b>Summer Allen, M.D. Family Medicine Mayo Clinic</b>	“It’s an 81-milligram dose of aspirin or not more than 325 milligrams of aspirin that’s recommended for certain patients and in certain cases once a day.”
Jason	The chemical makeup of aspirin creates an anti-platelet effect on the blood that keeps it from clotting. Taking too much can cause bleeding problems. And children should almost never take aspirin.
Dr. Krieger	“Children can develop something called Reye’s syndrome.”
Jason	So while it might be over-the-counter, long-term use should only be doctor’s orders.
Dr. Allen	“Where people run into problems is the daily and regular use of it.”
Jason	For the Mayo Clinic News Network, I’m Jason Howland