

Mayo Clinic Minute

Are eggs and aspirin good or bad for your heart?

Video	Audio
Vivien Williams	Eggs and aspirin. Are they good or bad for your heart? Studies about each can be confusing. Dr. Stephen Kopecky sets the record straight, and he starts with eggs. It's all about moderation.
Stephen Kopecky, M.D. Cardiovascular Disease Mayo Clinic	"I do think people who have high cholesterol should avoid too many eggs, but, you know, three or four a week is a reasonable amount."
Vivien Williams	Egg whites are full of protein, but yolks contain a lot of cholesterol. Dr. Kopecky says if you want to eat more eggs but don't want the cholesterol, just eat the whites.
Vivien Williams	Now what about aspirin? It used to be recommended that adults at increased risk of heart attack or stroke should take aspirin to reduce their chances of having adverse events. But research shows people over 70 should not take aspirin regularly. So who should take it? Dr. Kopecky says it's all about individual risk.
Stephen Kopecky M.D.	"Talk to a health care provider. Have them go over your risk profile for heart attack and stroke. If your risk is really high — over about 20 percent — and you have no bleeding problems, it probably will help you, but talk to somebody about it first."
	For the Mayo Clinic News Network, I'm Vivien Williams.