

# PrimeWest Health Member Services 1-866-431-0801

Attention. If you want free help translating this information, call the above number.

Atención. Si desea recibir asistencia gratuita para traducir esta información, llame al número que aparece más arriba.

Ogow. Haddii aad dooneyso in lagaa kaalmeeyo tarjama dda macluumaadkani oo lacag la'aan ah, wac lambarka kore.

ملاحظة: إذا أردت مساعدة مجانية في ترجمة هذه المعلومات، فاتصل على الرقم الموجود أعلاه.

កំណត់សំគាល់ បើអ្នកចង់បានជំនួយបកប្រែព័ត៌មាននេះដោយមិនគិតថ្លៃ សូមទូរស័ព្ទ ទៅលេខនៅខាងលើ។

Pažnja. Ako vam je potrebna besplatna pomoć za prevod ove informacije, nazovite gornji broj.

Ceeb toom. Yog koj xav tau kev pab txhais cov xov no dawb, thov hu rau tus xov tooj saud.

ໂປຼຕຊາບ. ຖ້າຫາກທ່ານຕ້ອງການການຊ່ວຍເຫຼືອໃນການແປຂໍ້ຄວາມດັ່ງກ່າວນີ້ຟຣີ, ຈົ່ງໂທສາມລາກໂທສທີ່ຢູ່ຂ້າງເທິງນີ້.

Hubaddhu. Yoo akka odeeffannoon kun sii hiikamu gargaarsa tolaa feeta ta'e, lakkoofsa armaa olii bilbili.

Внимание. Если вам нужна бесплатная помощь в переводе этой информации, позвоните по указанному выше телефону.

Chú Ý. Nếu quý vị cần dịch thông tin này miễn phí, xin gọi số nêu trên.

This information is available in other forms to people with disabilities. Call PrimeWest Health Member Services at **1-866-431-0801** (toll free), TTY **1-800-627-3529** or **711** (toll free), or through the Minnesota Relay Service at **1-877-0627-3848** (toll free speech-to-speech relay service).

# Aspirin Information



## Main Office

2209 Jefferson St, Ste 101  
Alexandria, MN 56308

## Northern Office

3124 Hannah Ave NW  
Bemidji, MN 56601

Member Services 1-866-431-0801 (toll free)

[www.primewest.org](http://www.primewest.org)

# Did you know...?

## A daily dose of aspirin may prevent a heart attack or stroke.

People with heart disease or diabetes are at a greater risk of having a heart attack or stroke. This is especially true for older adults. However, daily aspirin use may reduce this risk.

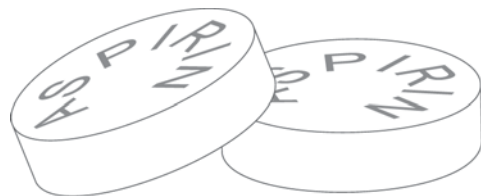
## What causes a heart attack or stroke?

According to the American Heart Association, most heart attacks and strokes occur when the blood supply to a part of the heart or brain is blocked. Blockage results from deposits of fatty substances, cholesterol, cellular waste products, calcium, and other substances building up in the inner lining of an artery. This buildup can reduce the blood flow through an artery. The buildup, called plaque, can also break off and cause blood clots to form. Blood clots may then travel to another part of the body and block a blood vessel that feeds the heart. This can cause a heart attack. It can also block a blood vessel that feeds the brain, causing a stroke.

## How can aspirin help?

The simple answer is that aspirin “thins” the blood. This helps prevent blood clots from forming. Taking a daily dose of aspirin, as prescribed by your health care provider, can reduce the risk of heart attack or stroke.

In addition to aspirin, adding a healthy diet and physical activity to your lifestyle can further reduce your risk for heart attack and stroke.



## Who should use aspirin?

The American Heart Association and the American Diabetes Association, as well as many health care providers, recommend a daily dose of aspirin as a safe and effective way to help prevent heart attack and stroke in those who have had the following:

- Stroke
- Mini-stroke (Transient Ischemic Attack – TIA)
- Heart attack

A daily dose of aspirin is recommended for people who have or have had any of the following:

- Angina
- Certain heart procedures, such as angioplasty or a bypass operation
- Conditions like diabetes that put them at high risk for heart attack or stroke

However, there are some people with certain health conditions who should not take aspirin. It is important to discuss with your health care provider if a daily dose of aspirin is right for you. Ask your health care provider the following questions:

- Given my health conditions and medicines, should I take a daily dose of aspirin?
- How much aspirin should I take every day?
- Do the benefits of taking aspirin outweigh the risks?

Remember to tell your health care provider about all medicines, vitamins, and herbal remedies you are taking and if you have an allergy to aspirin.

## How can PrimeWest Health help?

You can get aspirin over-the-counter at your pharmacy. However, if you are a PrimeWest Health Minnesota Senior Health Options (MSHO) or Minnesota Senior Care Plus (MSC+) member, you can also get it for a \$0 – \$3 copay with a prescription from your health care provider.

Talk to your care coordinator or health care provider to learn more about aspirin and see if a daily dose would be beneficial and safe for you.