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Evidence suggests aspirin does not prevent heart attacks in patients with diabetes

In response to a study published by the **British Medical Journal**, which found that **aspirin does not** prevent heart attacks in high risk groups with diabetes and asymptomatic arterial disease, Judy O'Sullivan, Cardiac Nurse at the British Heart Foundation, says:

“This study adds weight to the evidence that aspirin should not be prescribed to prevent disease of the heart and circulation to people with **diabetes**, and other high risk groups, who do not already have symptoms of the disease.

“Aspirin is a powerful drug which, when used appropriately in patients who already have the disease, can help to reduce further cardiovascular events. However, people should not take aspirin everyday without talking to their doctor first.

“Anyone who wants to reduce their risk of acquiring disease of the heart and circulation should avoid smoking, eat a diet low in saturated fat and rich in fruit and vegetables and take up regular physical activity.”

Find out more

- Heart patients needing more information can call our **Heart HelpLine on 08450 70 80 70** or **send an email**
- **Order or download our publication Medicines for the Heart**, a booklet describing some of the different drugs often prescribed for people with heart conditions.

BHF press office on 020 7487 7172 or 07764 290381 (out of office hours) or email newsdesk@bhf.org.uk

- This statement was prepared in response to: British Medical Journal; Research paper: *'The prevention of progression of arterial disease and diabetes (POPADAD): a factorial randomised placebo controlled trial of aspirin and antioxidants in patients with diabetes and asymptomatic peripheral arterial disease'*, BMJ Online First

- The British Heart Foundation (BHF) is the nation's heart charity, dedicated to saving lives through pioneering research, patient care, campaigning for change and by providing vital information. But we urgently need help. We rely on donations of time and money to continue our life-saving work. Because together we can beat heart disease.