

## Welcome!

### Aspirin Use Assessment

This module is provided by the Program on Prevention Outcomes and Practices, which is part of the Stanford Prevention Research Center (SPRC). SPRC investigates prevention strategies and is home to the Health Improvement Program. The goal of this module to help you understand whether taking aspirin as a heart disease and stroke prevention measure may be appropriate for you to discuss with your physician.

By interfering with blood clotting, aspirin has the potential to help prevent heart attacks in men and strokes in women. However, aspirin also can cause bleeding in the digestive tract and, rarely, bleeding in the brain. Hence, aspirin should only be used by individuals who have a high enough risk of heart attack and stroke that the preventive benefits outweigh the risk of abnormal bleeding.

The aspirin survey module asks a series of questions about aspirin use, your risk factors for heart attack and stroke, and your feedback about the module. The survey module takes a couple of minutes and may provide you with vital information about managing your risk of heart attack and stroke.

Based on your responses, the survey module will provide tailored advice regarding appropriate aspirin use. Note that this survey module is not a substitute for a detailed conversation with your own physician (or other health care provider). Please use the information to inform and guide your future discussions with your provider.

This survey module has been developed by Randall Stafford, MD, PhD, of the Stanford Prevention Research Center based on current recommendations of the U.S. Preventive Services Task Force and the American College of Preventive Medicine with funding from the non-profit Partnership for Prevention.

Completing this survey module is completely confidential and optional. You may quit at any time.

This survey module will be open for less than a week.

## Have you discussed aspirin use?

### Have you and a physician (or other health provider) ever discussed the risks and benefits of aspirin to prevent heart attack or stroke?

- No, I've never discussed aspirin use.
- Yes, it was recommended that I take aspirin.
- Yes, it was recommended that I **NOT** take aspirin.
- Yes, but no recommendation was made.

## Do you take aspirin?

### Do you take aspirin daily (or every other day) as a preventive strategy?

- Yes
- No

## Existing cardiovascular disease

## Do you have any of the following health conditions?

- **Past stroke or mini-stroke (TIA)**
- **Past heart attack (MI)**
- **Past surgical procedures on coronary or carotid arteries**
- **Diagnosed with angina or coronary heart disease**

- None of the conditions apply to me.
- One or more of the conditions apply to me.

## Complicating factors

### Do you have a health problem (such as an aspirin allergy or a bleeding ulcer) OR take a medication (such as coumadin/warfarin) that makes taking aspirin UNSAFE for you?

- Yes, I have a health problem that makes aspirin unsafe for me.
- Yes, I take a medication that makes aspirin unsafe for me.
- Yes, I have a health problem and I take a medication that makes aspirin unsafe for me.
- No
- Don't know

## Sex

### Please indicate your sex:

- Male
- Female

## Age for Men

### Please indicate your age range:

- Under 45 years
- 45 to 54 years
- 55 to 64 years
- 65 to 79 years
- 80 years or older

## Age for Women

**Please indicate your age range:**

- Under 55 years
- 55 to 64 years
- 65 to 79 years
- 80 years or older

**Risk Factors for Stroke**

**How many of the following conditions apply to you?**

- **Have high blood pressure (including taking medications for this problem)**
- **Diabetes (high blood sugar)**
- **Have left ventricular hypertrophy (enlargement of heart)**
- **Smoke cigarettes (more than 10 in the last month)**

- None of the conditions apply to me.
- One of the conditions applies to me.
- Two or more of the conditions apply to me.

**Risk Factors for Heart Attack**

**How many of the following conditions apply to you?**

- **Have high blood pressure (including taking medications for this problem).**
- **Have abnormal cholesterol (especially high LDL) or take a medication for your cholesterol.**
- **Diabetes (high blood sugar)**
- **Have a parent or sibling with heart disease before 55 years (if relative is male) or 65 years (if female)**
- **Smoke cigarettes (more than 10 in the last month)**

- None of the conditions apply to me.
- One of the conditions applies to me.
- Two or more of the conditions apply to me.

**Aspirin is beneficial, but your situation is complicated**

RESULTS [Advice for Secondary Prevention - Complicated]

- For most people with your medical conditions, aspirin is recommended. Because you have reasons for not taking aspirin, it is important that you discuss the risks and benefits of aspirin and possible alternatives with your physician.
- Bottom line: While aspirin may be beneficial, you may not be able to or need to take it.
- Consult your physician before making any changes in your use of aspirin. He or she can make sure that aspirin use is safe and appropriate for you.

## Print out this page, Fill-in the missing information & Take to your doctor

### RESULTS PRINTOUT

- For most people with your medical conditions, aspirin is recommended. Because you have reasons for not taking aspirin, it is important that you discuss the risks and benefits of aspirin and possible alternatives with your physician.
- Bottom line: While aspirin may be beneficial, you may not be able to or need to take it.

### INSTRUCTIONS:

- 1) PRINT OUT THIS PAGE
- 2) FILL-IN THE MISSING INFORMATION
- 3) TAKE WITH YOU TO YOUR DOCTOR'S APPOINTMENT

Gender: \_\_\_ and Age: \_\_\_\_\_

### Medical Conditions:

- Past Stroke or mini-stroke (TIA)
- Coronary artery disease
- Past surgical procedures on coronary or carotid arteries
- Diagnosed with angina or coronary heart disease
- Diabetes
- Hypertension
- High LDL cholesterol
- Low HDL cholesterol
- Heart Enlargement
- Cigarette Smoking

Other drugs that may make aspirin inappropriate: \_\_\_\_\_

Other conditions that may make aspirin inappropriate: \_\_\_\_\_

## Take an aspirin a day. Consult your physician if you aren't.

### RESULTS [Advice for Secondary Prevention - Uncomplicated]

- Experts recommend that you take an aspirin a day, based on your having cardiovascular disease.
- If you are not taking aspirin, please discuss aspirin with your physician to obtain a specific aspirin recommendation.
- Bottom line: Aspirin is very beneficial and likely a medication you should take every day.
- Consult your physician before making any changes in your use of aspirin. He or she can make sure that aspirin use is safe and appropriate for you.

## Print out this page, Fill-in the missing information & Take to your doctor

### RESULTS PRINTOUT

- Experts recommended that you take an aspirin a day, based on your having cardiovascular disease.
- If you are not taking aspirin, please discuss aspirin with your physician.
- Bottom line: Aspirin is very beneficial and likely a medication you should take daily.

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#### Medical Conditions:

- Past Stroke or mini-stroke (TIA)
- Coronary artery disease
- Past surgical procedures on coronary or carotid arteries
- Diagnosed with angina or coronary heart disease
  
- Diabetes
- Hypertension
- High LDL cholesterol
- Low HDL cholesterol
- Heart Enlargement
- Cigarette Smoking

## Low Risk -- Aspirin usually not recommended.

### RESULTS [Advice for Low Risk]

- Experts usually do NOT recommend aspirin for someone of your age and gender. For you, the benefits of aspirin may be too small to make up for the risks that come with aspirin use.
- If you are taking aspirin, consult your physician about whether you should discontinue the use of aspirin.
- Bottom line: Aspirin is not recommended.
- Consult your physician before making any changes in your use of aspirin. He or she can make sure that aspirin use is safe and appropriate for you.

## Print out this page, Fill-in the missing information & Take to your doctor

### RESULTS PRINTOUT

- Aspirin is usually NOT recommended for someone of your age and gender. For you, the benefits of aspirin may be too small to make up for the risks that come with aspirin use.
- If you are taking aspirin, consult your physician about whether you should discontinue the use of aspirin.

- Bottom line: Aspirin is not recommended.

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- 1) PRINT OUT THIS PAGE
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Gender: \_\_\_ and Age: \_\_\_\_

**Medical Conditions:**

- \_\_\_ Diabetes
- \_\_\_ Hypertension
- \_\_\_ High LDL cholesterol
- \_\_\_ Low HDL cholesterol
- \_\_\_ Heart Enlargement
- \_\_\_ Cigarette Smoking

Other drugs that may make aspirin inappropriate: \_\_\_\_\_

Other conditions that may make aspirin inappropriate: \_\_\_\_\_

## Aspirin is often recommended, but information is limited

**RESULTS** [Advice for Insufficient Evidence]

- Aspirin is often recommended for someone of your age and gender. However, there is limited information available from clinical trials on aspirin use in patients 80 years and older.
- While the preventive benefits of aspirin are substantial, the risks of harm from aspirin also grow with older age.
- If you have certain health conditions such as an aspirin allergy or a bleeding ulcer or if you take a medication such as coumadin/warfarin, aspirin may be unsafe for you.
- Bottom line: Aspirin may be beneficial, but risks and benefits need to be discussed with your provider.
- Consult your physician before making any changes in your use of aspirin. He or she can make sure that aspirin use is safe and appropriate for you.

## Print out this page, Fill-in the missing information & Take to your doctor

**RESULTS PRINTOUT**

- Aspirin is often recommended for someone of your age and gender. However, there is limited information available from clinical trials on aspirin use in patients 80 years and older.
- While the preventive benefits of aspirin are substantial, the risks of harm from aspirin also grow with older age.
- Bottom line: Aspirin may be beneficial, but risks and benefits need to be discussed with your provider.

**INSTRUCTIONS:**

- 1) PRINT OUT THIS PAGE

- 2) FILL-IN THE MISSING INFORMATION  
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Gender: \_\_\_ and Age: \_\_\_\_\_

Medical Conditions:

- Diabetes  
 Hypertension  
 High LDL cholesterol  
 Low HDL cholesterol  
 Heart Enlargement  
 Cigarette Smoking

Other drugs that may make aspirin inappropriate: \_\_\_\_\_

Other conditions that may make aspirin inappropriate: \_\_\_\_\_

## Take an aspirin a day. Consult your physician if you aren't.

RESULTS [Advice for High Risk - Female]

- Experts recommended that you take an aspirin a day to help prevent a stroke. This is based on your age, gender, and medical conditions.
- If you have certain health conditions such as an aspirin allergy or a bleeding ulcer or if you take a medication such as coumadin/warfarin, aspirin may be unsafe for you.
- If you are not taking aspirin, please discuss aspirin with your physician to obtain a specific aspirin recommendation.
- Bottom line: Aspirin is recommended.
- Consult your physician before making any changes in your use of aspirin. He or she can make sure that aspirin use is safe and appropriate for you.

## Print out this page, Fill-in the missing information & Take to your doctor

RESULTS PRINTOUT

- Based on your female gender, age, and medical conditions, it is recommended that you take an aspirin a day to help prevent a stroke.
- If you are not taking aspirin, please discuss aspirin with your physician to obtain a specific aspirin prescription and dose recommendation.
- Bottom line: Aspirin is recommended.

INSTRUCTIONS:

- 1) PRINT OUT THIS PAGE
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Gender: Female . Age: \_\_\_\_\_

Medical Conditions:

- Diabetes
- Hypertension
- Heart Enlargement
- Cigarette Smoking

Other drugs that may make aspirin inappropriate: \_\_\_\_\_

Other conditions that may make aspirin inappropriate: \_\_\_\_\_

## Take an aspirin a day. Consult your physician if you aren't.

### RESULTS [Advice for High Risk - Male]

- Experts recommend that you take an aspirin a day to help prevent a heart attack. This is based on being a man of your age with your medical conditions,
- If you are not taking aspirin, please discuss aspirin with your physician to obtain a specific aspirin recommendation.
- If you have certain health conditions such as an aspirin allergy or a bleeding ulcer or if you take a medication such as coumadin/warfarin, aspirin may be unsafe for you.
- Bottom line: Aspirin is recommended.
- Consult your physician before making any changes in your use of aspirin. He or she can make sure that aspirin use is safe and appropriate for you.

## Print out this page, Fill-in the missing information & Take to your doctor

### RESULTS PRINTOUT

- Based on your male gender and age, it is recommended that you take an aspirin a day to help prevent a heart attack.
- If you are not taking aspirin, please discuss aspirin with your physician to obtain a specific aspirin prescription and dose recommendation.
- Bottom line: Aspirin is recommended.

### INSTRUCTIONS:

- 1) PRINT OUT THIS PAGE
- 2) FILL-IN THE MISSING INFORMATION
- 3) TAKE WITH YOU TO YOUR DOCTOR'S APPOINTMENT

Gender: Male . Age: \_\_\_\_\_

### Medical Conditions:

- Diabetes
- Hypertension
- High LDL Cholesterol
- Low HDL Cholesterol
- Cigarette Smoking

Other drugs that may make aspirin inappropriate: \_\_\_\_\_

Other conditions that may make aspirin inappropriate: \_\_\_\_\_



## Aspirin may be an option. Consult your physician about aspirin.

### RESULTS [Advice for Intermediate Risk - Male]

- Based on your age, gender, and medical conditions, taking an aspirin a day may be reasonable to help prevent heart attacks.
- While aspirin has benefits, it also carries risks. This decision should be made through a discussion with your physician.
- If you have certain health conditions such as an aspirin allergy or a bleeding ulcer or if you take a medication such as coumadin/warfarin, aspirin may be unsafe for you.
- Bottom line: Aspirin may be an option to discuss with your provider.
- Consult your physician before making any changes in your use of aspirin. He or she can make sure that aspirin use is safe and appropriate for you.

## Print out this page, Fill-in the missing information & Take to your doctor

### RESULTS PRINTOUT

- Based on your male gender, age 45-54 years, and your lack of cardiac risk factors, you are in a category where taking an aspirin a day may be reasonable to help prevent heart attacks.
- While aspirin has benefits, it also carries risks. This decision should be made through a discussion with your physician.
- Bottom line: Aspirin may be an option to discuss with your provider.

### INSTRUCTIONS:

- 1) PRINT OUT THIS PAGE
- 2) FILL-IN THE MISSING INFORMATION
- 3) TAKE WITH YOU TO YOUR DOCTOR'S APPOINTMENT

Gender: Male . Age: \_\_\_\_

#### Medical Conditions:

- Diabetes
- Hypertension
- High LDL Cholesterol
- Low HDL Cholesterol
- Cigarette Smoking

Other drugs that may make aspirin inappropriate: \_\_\_\_\_

Other conditions that may make aspirin inappropriate: \_\_\_\_\_

## Aspirin may be an option. Consult your physician about aspirin.

### RESULTS [Advice for Intermediate Risk - Female]

- Based on your age, gender, and medical conditions, you are in a category where taking an aspirin a day may be reasonable to help prevent a stroke.

- While aspirin has benefits, it also carries risks. This decision should be made through a discussion with your physician.
- If you have certain health conditions such as an aspirin allergy or a bleeding ulcer or if you take a medication such as coumadin/warfarin, aspirin may be unsafe for you.
- Bottom line: Aspirin may be an option to discuss with your provider.
- Consult your physician before making any changes in your use of aspirin. He or she can make sure that aspirin use is safe and appropriate for you.

## Print out this page, Fill-in the missing information & Take to your doctor

### RESULTS PRINTOUT

- Based on your age, female gender, and medical conditions, you are in a category where taking an aspirin a day may be reasonable to help prevent a stroke.
- While aspirin has benefits, it also carries risks. This decision should be made through a discussion with you physician.
- Bottom line: Aspirin may be an option to discuss with your provider.

### INSTRUCTIONS:

- 1) PRINT OUT THIS PAGE
- 2) FILL-IN THE MISSING INFORMATION
- 3) TAKE WITH YOU TO YOUR DOCTOR'S APPOINTMENT

Gender: Female and Age: \_\_\_\_\_

#### Medical Conditions:

- Diabetes  
 Hypertension  
 Heart Enlargement  
 Cigarette Smoking

Other drugs that may make aspirin inappropriate: \_\_\_\_\_

Other conditions that may make aspirin inappropriate: \_\_\_\_\_

## How likely are you to visit your physician?

### How likely are you to seek the advice of your physician about aspirin use based on this module?

- I am very likely to contact or make an appointment with my provider  
 I am somewhat likely to contact or make an appointment with my provider  
 I am somewhat unlikely to contact or make an appointment with my provider  
 I am very unlikely to contact or make an appointment with my provider

## Questions about the module

### How clear was the advice presented?

- Very clear
- Somewhat clear
- Somewhat unclear
- Very unclear

### Almost last question

#### How helpful is this information to you?

- Very helpful
- Somewhat helpful
- Neither helpful nor unhelpful
- Unhelpful

### Just two more feedback questions

#### Any further comments or suggestions regarding the module?

### Last feedback question

#### Provided that your physician agrees, how likely are you to change your use of aspirin based on this module?

- I am very likely to make a change in whether I take aspirin
- I am somewhat likely to make a change in whether I take aspirin
- I am somewhat unlikely to make a change in whether I take aspirin
- I am very unlikely to make a change in whether I take aspirin

### Thank you!

Thank you for completing this module on aspirin use. We hope that it was helpful.

If you have further questions, please call or email Dr. Stafford at 650-724-2400 or [rstafford@stanford.edu](mailto:rstafford@stanford.edu).

You may now exit by clicking the Done button.