

Stopping daily aspirin dose can prove deadly

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Credit: American Heart Association

Stopping low-dose aspirin can cause an increase of heart attack and stroke, a recent study says.

Studies have suggested that patients experience a "[rebound effect](#)" after stopping aspirin treatment, possibly due to increased clotting levels from the loss of aspirin's blood-thinning effects.

Because of the large number of patients on aspirin and the high number

who stop treatment, the importance of a rebound effect may be significant, according to researchers.

"Low-dose [aspirin therapy](#) is a simple and inexpensive treatment," said Dr. Johan Sundstrom, lead author of the study and professor of epidemiology at Uppsala University in Sweden. "As long as there's no bleeding or any [major surgery](#) scheduled, our research shows the significant public health benefits that can be gained when patients stay on aspirin therapy."

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"As long as there's no bleeding or any major surgery scheduled, our research shows the significant public health benefits that can be gained when patients stay on [aspirin](#) therapy," he said.

More information: Johan Sundström et al. Low-Dose Aspirin Discontinuation and Risk of Cardiovascular Events, *Circulation* (2017). [DOI: 10.1161/CIRCULATIONAHA.117.028321](https://doi.org/10.1161/CIRCULATIONAHA.117.028321)

Provided by American Heart Association

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