Acetylsalicylic acid for healthy elderly people?

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Medicinal intervention can be an option to help people age in good health and prevent future diseases. This is why the use of low-dose acetylsalicylic acid, which is known for its cardiovascular protective effect, has been studied among healthy elderly people without cardiovascular diseases. This research did not find any increase in life expectancy, nor did the treatment postpone the onset of dementia or physical impairments hampering the activities of daily life. No future cardiovascular benefit could be proven, whereas, as expected, the risk of haemorrhage was increased. Hence, there is no place for the preventive use of acetylsalicylic acid by healthy elderly people, which is in line with the current European and Dutch guidelines.

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Literature references

Authors

• Anton J.F.A. Kerst

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