

**Dr LaPook:** Today's guidelines<sup>(1)</sup> declared that nearly all women are at risk for heart disease or stroke and for the first time the American Heart Association is recommending women consider taking aspirin to prevent these diseases that kill one in three women.

**Doctor:** That's a young girl's blood pressure...

**Dr LaPook:** It used to be that women were classified as being low, medium or high risk, but recent research has shown that some low-risk women actually have significant<sup>(2)</sup> heart disease.

**Dr L. Mosca:** We do not want women to wait until they have major risk factors for heart disease before they start to try to prevent it.

**Dr LaPook:** Lead author<sup>(3)</sup> Dr Lori Mosca urges<sup>(4)</sup> women of all ages to stop smoking, exercise, eat right and control blood pressure and cholesterol levels.

Also new in the guidelines, a recommendation that older women, 65 and over, discuss with their doctor taking aspirin routinely even if they've never had a stroke or heart attack.

**Arlene:** She recommended that I take an aspirin, that I lose weight, that I modify eating habits.

**Dr LaPook:** Arlene Friedenberg is one of Dr. Mosca's patients. In addition to the new recommendations about aspirin for older women, the guidelines also suggest that younger women under 65 should consider taking aspirin to prevent stroke. All women should consult a doctor because aspirin can have serious side effects like bleeding and ulcers. Other important findings the American heart association no longer recommends folic acid and says hormone therapy and antioxidant vitamins do not prevent heart disease or stroke.

The new guidelines are a surprise to many women like Arlene.

**Arlene:** It's a wakeup call<sup>(5)</sup>. I've decided that I really must do something. I have got adorable grandchildren that I just love to be with and I want to see them grow up.

**Dr LaPook:** This is such an important message especially because women often don't realise they're at risk. For example, studies show that a third of women who have high blood pressure don't even know it.

**Anchor:** Jon, the physician mentioned the potential side effects of taking aspirin. Anything else you want people to know about the possible dangers of popping<sup>(6)</sup> an aspirin a day?

**Dr LaPook:** Sure, I'll give an example. Say you're taking a baby aspirin<sup>(7)</sup> and you happen to have high blood pressure and don't know it. And then let's say you get a stroke because of the high blood pressure. The baby aspirin can actually cause bleeding in the area of the stroke in the brain and that can be devastating. So you have to check with your doctor before taking any new medicine including aspirin.

**CBSnews.**

### Lexical helpline:

1. **guideline(s):** official action that should be taken or followed
2. **significant:** substantial
3. **lead author:** principal author
4. **urge (v):** advise strongly, encourage
5. **a wakeup call:** a frightening experience interpreted as a sign that a major change is needed
6. **pop (v):** take a drug by swallowing
7. **a baby aspirin:** a dose of aspirin for a baby