



In the News!

Charles H. Taylor, MD – November, 2009



Apparently, TV celebrity, Dr. Oz has told **everyone over the age of 40 to start taking two baby aspirin every day.**

In an online chat for Readers Digest, Dr. Oz said, "The reason we give two rather than one is that many Americans are resistant to aspirin. And because the side effects are so minor, it makes sense to give double the dose – and, the side effects are so minor; it makes sense to double the dose."

March 7, 2005 New England Journal of Medicine, 10-year study. 39,000 healthy women over the age of 45 with no cardiovascular problems, **half took 100 mg of aspirin** every other day and half took placebo tablets.

Results: no protection from heart attack and only a slightly reduced risk of ischemic stroke.
Side effects: In the aspirin group, risk of gastrointestinal bleeding severe enough to require transfusions was 40 percent higher than placebo! **And that was with 100 mg not 162 from two tablets.**

A **British Medical Journal study** showed that elderly people who took a low dose of aspirin daily had a sharply increased risk of bleeding in the brain or the gastrointestinal tract.

This cannot be said often enough: **ASPIRIN IS A DRUG – Period!**

When this drug is taken every day, year after year, it increases risk of GI conditions such as bleeding and ulcers, kidney impairment, and hypertension in women.

Don't buy the hype, even when it's from good-looking TV doctors. Talk with **your** Doctor not your television, wellness magazine or friends.

- Charles H. Taylor, MD

“Chance Favors the Prepared Mind”
- Louis Pasteur