

Without heart disease, daily aspirin may be too risky

For people not suffering from heart disease, taking a daily aspirin tablet to prevent heart attacks and strokes may increase the risk of severe brain bleeding to the point where it outweighs any potential benefit, a research review suggests. U.S. doctors have long advised adults who have not had a heart attack or stroke but are at high risk for these events to take a daily aspirin pill, an approach known as primary prevention.