

**Professional Guidelines for Aspirin Therapy in Patients with a Diagnosis of Diabetes Mellitus and/or Ischemic Heart Disease**

<b>Organization</b>	<b>Recommendation</b>
<b>AHA/ AHA/ACC Guidelines for Secondary Prevention for Patients With Coronary and Other Atherosclerotic Vascular Disease: 2006 Update</b> <i>Endorsed by the National Heart, Lung, and Blood Institute</i>	Start aspirin 75 to 162 mg/d and continue indefinitely in all patients unless contraindicated
<b>American Diabetes Association Standards of Medical Care - Antiplatelet Agents Recommendations (ADA, 2007)</b>	Use aspirin therapy (75-162 mg/day) as a secondary prevention strategy in those with diabetes with a history of CVD. Use aspirin therapy (75-162 mg/day) as a primary prevention strategy in those with: <ul style="list-style-type: none"> <li>• Type 1 diabetes at increased cardiovascular risk, including those who are &gt;40 years of age or who have additional risk factors (family history of CVD, hypertension, smoking, dyslipidemia, or albuminuria).</li> <li>• Type 2 diabetes at increased cardiovascular risk, including those who are &gt;40 years of age or who have additional risk factors (family history of CVD, hypertension, smoking, dyslipidemia, or albuminuria).</li> </ul> Other antiplatelet agents may be a reasonable for high-risk patients with aspirin allergy, with bleeding tendency, who are receiving anticoagulant therapy, with recent gastrointestinal bleeding, and with clinical active hepatic disease who are not candidates for aspirin therapy.
<b>Institute for Clinical Systems Improvement (ICSI) recommendations for Management of Type 2 Diabetes Mellitus (ICSI, 2006)</b>	Aspirin/antiplatelet medication unless contraindicated. Patients with type 2 diabetes are at a significantly high risk for development of heart disease. For patients with type 2 diabetes mellitus, initiate low-dose aspirin therapy (81-325 mg daily) in patients 40 and older unless there is a contraindication to aspirin therapy. If aspirin is contraindicated, consider use of clopidogrel (Plavix®) or ticlopidine (Ticlid®) (ICSI, 2006).
<b>American Geriatrics Society – Guidelines for Improving the Care of the Older Person with Diabetes Mellitus (American Geriatrics Society, 2002)</b>	Aspirin – The older adult who has DM (and is not on other anticoagulant therapy and does not have any contraindications to aspirin) should be offered daily aspirin, 81 to 325 mg/d
<b>Assessing Care of Vulnerable Elders (ACOVE) Quality Indicators (Annals of Internal Medicine, 2001)</b>	Diabetes Mellitus <ul style="list-style-type: none"> <li>• Aspirin therapy – All diabetic elders who are not on other anticoagulant therapy should be offered daily aspirin therapy.</li> </ul> Ischemic Heart Disease <ul style="list-style-type: none"> <li>• Antiplatelet Therapy – If a vulnerable elder has established coronary heart disease and is not receiving Warfarin, then he or she should be offered antiplatelet therapy.</li> </ul>

**IBUPROFEN AND ASPIRIN TAKEN TOGETHER**

On September 8, 2006, the Food and Drug Administration issued a Safety Information and Adverse Event Report regarding the concomitant use of low-dose aspirin (for cardioprotective benefits) and ibuprofen. The report indicates that 400 mg ibuprofen taken with immediate-release low-dose aspirin (81 mg) will interfere with the antiplatelet effect of aspirin. Other over-the-counter NSAIDs should be viewed as having potential to interfere with the antiplatelet effect of aspirin.

Recommendations include taking immediate release low-dose aspirin 30 minutes prior to taking ibuprofen. If ibuprofen is taken first, aspirin should not be taken for at least 8 hours after ingestion of ibuprofen. Other analgesics that do not interfere with the antiplatelet effect of aspirin should be considered in populations at high-risk for cardiovascular events.

For more information, please refer to the information listed on the Food and Drug Administration's web site for a complete copy of the alert and cited references.

Internet link: <http://www.fda.gov/medwatch/safety/2006/safety06.htm#aspirin>