



Daily Aspirin: Who Benefits? Heart Surgeon Insights

Description

It can be hard to accept, but not everyone should take aspirin.

Heart surgeon Dr. Jeremy London explained on TikTok who should and shouldn't take aspirin daily.

Aspirin is often used to prevent heart disease by stopping blood clotting that can cause heart attacks and strokes.

But recent studies show that aspirin may not be beneficial for everyone. It can lead to stomach bleeding and anemia in older adults.

Despite this, many people still take aspirin daily, even if they don't need it.

Dr. London recommends daily aspirin for those who have had a heart attack or stroke or those aged 40-70 with an increased risk of heart issues.

For those over 70, the risks of taking aspirin may outweigh the benefits.

It's important to talk to your doctor before starting aspirin therapy.

Remember, maintaining a healthy lifestyle with exercise and a balanced diet is the best way to prevent heart disease.

Vocabulary List:

1. **Aspirin** /'æspəɪn/ (noun): A medication used to reduce pain fever or inflammation; also used to prevent blood clotting.
2. **Clotting** /'klɒtɪŋ/ (noun): The process of blood forming a clot to stop bleeding.
3. **Anemia** /ə'ni:miə/ (noun): A condition in which there is a deficiency of red cells or hemoglobin in the blood.
4. **Therapy** /'θerəpi/ (noun): The treatment of physical or mental health issues.
5. **Beneficial** /,bɛnɪ'fɪʃəl/ (adjective): Producing good results or helpful effects.
6. **Lifestyle** /'laɪf,staɪl/ (noun): The way in which a person or group lives including habits and choices.

Comprehension Questions



Multiple Choice

1. What is aspirin commonly used for in terms of heart disease?
 - Option: Preventing blood clotting
 - Option: Lowering cholesterol levels
 - Option: Regulating blood pressure
 - Option: Reducing inflammation
2. Who did Dr. Jeremy London explain on TikTok should take aspirin daily?
 - Option: Individuals with high cholesterol
 - Option: Those who exercise regularly
 - Option: People with a history of heart attack or stroke
 - Option: Young adults aged 20-30
3. What are the potential risks of taking aspirin for older adults?
 - Option: High blood pressure
 - Option: Stomach bleeding and anemia
 - Option: Respiratory issues
 - Option: Muscle weakness
4. At what age range does Dr. London recommend daily aspirin for individuals with an increased risk of heart issues?
 - Option: 18-35
 - Option: 30-50
 - Option: 40-70
 - Option: 60-80
5. When should one talk to their doctor before starting aspirin therapy?
 - Option: Only if experiencing side effects
 - Option: If under 20 years old
 - Option: Before turning 60
 - Option: Before starting the therapy
6. What is the best way to prevent heart disease according to the provided information?
 - Option: Taking aspirin daily
 - Option: Having a balanced diet
 - Option: Avoiding exercise
 - Option: Only treating heart disease medically



Answer

Multiple Choice: 1. Preventing blood clotting 2. People with a history of heart attack or stroke 3. Stomach bleeding and anemia 4. 40-70 5. Before starting the therapy 6. Having a balanced diet

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. What is the body's response to injury or infection?
Option: Release of histamines
Option: Inflammation
Option: Muscle growth
Option: Increased energy levels
2. Which term refers to the chemical processes that occur within a living organism in order to maintain life?
Option: Digestion
Option: Photosynthesis
Option: Metabolism
Option: Respiration
3. Which food item is known for its spicy taste due to the presence of capsaicin?
Option: Tomatoes
Option: Cucumber
Option: Chilies
Option: Carrots
4. What systematic investigation aims to discover new facts and information?
Option: Hypothesis
Option: Research
Option: Opinion
Option: Conspiracy
5. Which condition is characterized by a lack of healthy red blood cells?
Option: Hypertension
Option: Anemia
Option: Hyperthyroidism
Option: Arthritis



-
6. What practice involves abstaining from food for a certain period of time?
- Option: Gorging
 - Option: Feasting
 - Option: Fasting
 - Option: Snacking
7. What is the treatment intended to relieve or heal a disorder?
- Option: Exercise
 - Option: Therapy
 - Option: Prevention
 - Option: Surgery
8. Which term describes a medical condition characterized by excessive body fat?
- Option: Anemia
 - Option: Obesity
 - Option: Malnutrition
 - Option: Weight loss
9. What is the active component in chilies responsible for their spiciness?
- Option: Capsaicin
 - Option: Caffeine
 - Option: Vitamin C
 - Option: Iron
10. Which term refers to the collection of microorganisms living in a particular environment?
- Option: Ecosystem
 - Option: Microbiome
 - Option: Isotope
 - Option: Hybrid

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. Compounds with _____ properties are being studied for their potential in cancer treatment.
12. Maintaining _____ to a healthy lifestyle can lead to significant improvements in overall health.
13. A _____ is a substance formed when two or more chemical elements are chemically



bonded together.

14. Regular screening for _____ cancer is important for early detection and treatment.

15. Nutrient-dense foods are _____ for maintaining good health and preventing deficiencies.

16. A _____ is a unit of energy that is used to quantify the amount of energy in food and beverages.

17. Physical activity plays a key role in boosting _____ rate.

18. Adopting _____ practices is crucial for environmental conservation.

19. Addressing nutritional _____ is important for overall health and well-being.

20. Some synthetic chemicals can _____ the effects of natural hormones in the body.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)



21. Foods high in citric acid may contribute to the of the stomach.
22. The endocannabinoid plays a role in processes such as memory motivation and mood.
23. is a compound found in cannabis plants that is being researched for its potential health benefits.
24. Medications may have that can range from mild to severe adverse reactions.
25. One common symptom of motion sickness is often accompanied by dizziness.
26. Chronic diseases such as arthritis are often associated with responses in the body.
27. The process of is essential to stop bleeding and promote wound healing.
28. Regular exercise has a range of effects on both physical and mental health.
29. Adopting a healthy that includes balanced nutrition and exercise can improve overall well-being.
30. is a commonly used medication to relieve pain reduce inflammation and prevent blood clots.

Answer

Multiple Choice: 1. Inflammation 2. Metabolism 3. Chillies 4. Research 5. Anemia 6. Fasting 7. Therapy 8. Obesity 9. Capsaicin 10. Microbiome

Gap-Fill: 11. Anticancer 12. adherence 13. compound 14. colorectal 15. valuable 16. calorie 17. metabolic 18. sustainable 19. deficits 20. mimic

Matching sentence: 1. acidity 2. anandamide 3. Cannabidiol 4. side effects 5. nausea 6. inflammatory 7. clotting 8. beneficial 9. lifestyle 10. Aspirin

CATEGORY

1. Health - LEVEL1

Date Created

2024/09/12

Author

aimeeyoung99