

ADVICE REGARDING ASPIRIN

The official NHS line can be seen by [CLICKING HERE](#).

This is the medical detail [CLICK HERE](#)

Final conclusion is:

Overall, this study was well-conducted and its findings will probably be taken into account with other evidence during the next review of the clinical guidance for cancer prevention. On its own, however, the study does not present strong enough evidence for aspirin to be universally recommended. When looking at the results, the following should be taken into consideration:

- The eight studies on which this research is based were originally designed to look at aspirin for the prevention of vascular events (such as stroke). The results are, therefore, not as robust as they would have been had the researchers specifically set out to look at the effect of aspirin on cancer. Clinical trials with this aim may give a better insight and enable researchers to look at cases of cancer and not just deaths from cancer.
- Although the pooled number of people included from the studies is large, the number of deaths from some types of cancer was comparatively small (although, as expected, this increased with age). To understand the extent to which aspirin is protective against specific cancer types, further clinical trials or prospective studies designed to look at those specific diseases are needed.
- The authors point out that the original trials didn't include sufficient women for them to assess whether there was any association with breast cancer or any other gynaecological cancers, and this is an area for further research.

With any medicine, there is a balance between the risks and benefits of that treatment, and the benefits need to outweigh the potential harms. The issue here is that taking aspirin increases the risk of internal bleeding, particularly in the elderly. Aspirin benefits people who are at risk of cardiovascular disease, but the benefits for healthy people are still unclear.

People who want to start taking aspirin should speak to their GP first. Importantly, the doses in these studies were low, at only 75mg a day, which is a quarter of what over-the-counter pills for pain relief contain.