

## New Aspirin Recommendations, Explained – Soundbite Transcripts

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**Dr. Darrel Gumm, OSF HealthCare Cardiologist, Vice President, OSF Cardiovascular**

“Primary prevention is where a person has never had a heart attack. They've got risk factors, and we don't want that first heart attack. Let's do what we can to prevent that first heart attack. Secondary prevention - you've had a heart attack or stroke. We don't want a second one. You've survived the first one, we don't want a second one.

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**Dr. Darrel Gumm, OSF HealthCare Cardiologist, Vice President, OSF Cardiovascular**

“What I want to make really clear, is our old long standing recommendation for those patients who have had a stroke or who have had a heart attack, who are on aspirin, that does not change. You will get a benefit.”

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**Dr. Darrel Gumm, OSF HealthCare Cardiologist, Vice President, OSF Cardiovascular**

“It's not that we're wishy washy or flip-flopping. The fact is, as science progresses we learn more. We understand how to better treat patients. And so it ultimately comes back to a risk-benefit ratio. If the risk is high and the benefits low, as a therapy we don't want that. If the benefit is high, even if there's some risk associated with it, when the benefit outweighs the risk, that's something we want to recommend.”

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**Dr. Darrel Gumm, OSF HealthCare Cardiologist, Vice President, OSF Cardiovascular**

“It's an umbrella recommendation. It's a big picture, but your physician will talk with you personally, and will recommend individualized care for you for what's best for you. Talk to your doctor; don't do these things on your own.”