



Casually referred to as a "wonder drug," aspirin -- or more technically acetylsalicylic acid -- has more uses than ever thought possible 50 years ago. The simple aspirin has been poked, prodded, tested, coated, powdered, trialed and dissolved to uncover all its benefits. Seven of the most common follow:

- 1. relieves pain from headaches, muscle aches and arthritis pain**
- 2. reduces your risk for heart disease and stroke (a daily aspirin can help keep platelets from sticking together and blocking blood flow)**
- 3. thins blood, which can be beneficial to those who suffer from blood clots or varicose veins.**
- 4. reduces fever**
- 5. reduces swelling from sprains, bumps and even sunburn**
- 6. reduces the effects of inflammatory agents found in bee's venom when a wet aspirin is rubbed on the sting**
- 7. helps reduce death rates from colon cancer by blocking the production of prostaglandins (hormone-like substances), which inhibit tumor growth, or by causing bleeding, which makes people go to the doctor sooner. Further studies are under way to identify the connection.**

Aspirin has the potential for side effects -- including allergic reactions and stomach upset -- so speak with your doctor before taking aspirin on a regular basis to decide if the health benefits outweigh the risks. Also, never give aspirin to children under 16 because of its connection with Reye's Syndrome in children with chickenpox or flu.

**DON'T TAKE TWO UNTIL YOU
CALL YOUR DOCTOR**

**If you need a doctor,
call 1-800-843-3375 for
a FREE physician referral.**