

Jan 22, 1978

Dear Don:

Hope you are feeling  
lots better.

I'm sending a clipping  
about aspirin. Ask your  
doctor if he has heard of  
this. There was another piece  
that said they thing aspirin  
helps stop blood clots.

I'm sorry I can't find the  
piece that was in the paper.

We have had almost continuous  
rain since Christmas. This was  
our best week end but there are  
high clouds and we could  
get more. We can't put on roofs  
and everyone wants you there.  
It is very nerve racking.  
Take care of yourself - Glad

# Aspirin beneficial in staving off stroke

By Ben Zinser  
Medical-Science Editor

Scientific evidence continues to indicate that taking aspirin daily may stave off stroke, a medical researcher reported Wednesday.

Dr. William S. Fields, professor of neurology at the University of Texas Health Sciences Center in Houston, told a science writers seminar in Newport Beach that a study not yet published in the medical journals gives new hope to men who are at risk of stroke.

The preventive drug is aspirin, he said at a meeting sponsored by the American Heart Association in Balboa Bay Club.

Dr. Fields, who himself is involved in aspirin

research, cited a Canadian study which showed a 50 percent reduction in death and disability from stroke in those who took aspirin.

A stroke is an impeded blood supply to some part of the brain. It can cause paralysis and other symptoms.

Aspirin also can reduce the frequency of or even stop episodes known as TIAs — transient ischemic attacks. These are neurologic abnormalities that begin suddenly and last a few minutes to 24 hours. They may recur and at times may herald a stroke.

Dr. Fields said a Mayo Clinic study shows the significance of the aspirin finding.

The Mayo study revealed that one third of TIA sufferers will have a completed stroke within five years.

Also, it was learned that three-fourths of stroke victims have a history of previous TIAs.

**THE HOUSTON** neurologist also cited a study of persons with carotid artery involvement. The carotid arteries carry blood to the brain and may sometimes be involved in a stroke.

Some persons got surgery, others were treated

medically, but the surgery patients also were started on aspirin five days after operation. Control or comparison patients got a dummy drug. Since most persons know the taste of an aspirin tablet, all subjects were given film-coated yellow tablets, half containing aspirin and the other half inert substances.

In the aspirin-treated group, 88 percent were relieved of all symptoms. Fifty-eight percent of those who received the placebo (dummy drug) had no further symptoms.

Dr. Fields said earlier research suggests there are fewer heart attacks in aspirin takers.

Customarily in one of these studies, the subject takes two five-grain aspirin tablets daily.

But he advises against anyone in the general public against taking aspirin in this manner without checking first with his physician.

At least five trials involving aspirin are in the works, including studies involving stroke and heart attack.

Also being slated for a test is aspirin plus the drug dipyridamole, Dr. Fields said. Researchers wonder if the combination might be more effective

than aspirin alone. At least 1,000 participants will be sought in a total of eight medical institutions.

For reasons not known, aspirin doesn't have the same degree of benefit to women as it does to men, Dr. Fields noted.

**ANOTHER SPEAKER**, Dr. William M. Abbott, associate professor of surgery at Harvard Medical School in Boston, Mass., said a "landmark advancement" has been made in the field of arterial vascular disease.

The advancement, he continued, is the development and application of "noninvasive" evaluations which give previously unavailable information about a patient's arterial circulation.

The new approach sometimes makes unnecessary a procedure called arteriography, which is both "painful and expensive," he said. This test may run as high as \$1,000.

One of the most desirable features of the new evaluations is that they are performed on the outside or surface of the body. This means injections aren't necessary.

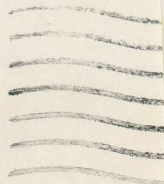
Ultrasound is used in many of the procedures.

AFTER FIVE DAYS RETURN TO

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