

NOCT

Aspirin has stood the test of many centuries

and is still used today. In fact, it's been used for over 2,400 years.

Today, ongoing studies follow aspirin's potential for cancer prevention.

Research shows that taking aspirin daily can reduce the risk of colorectal cancer by 35% and stomach cancer by 40%.

Research also shows that taking aspirin daily can reduce the risk of heart disease by 35% and stroke by 50% (JAMA 2016).

Research also shows that taking aspirin daily can reduce the risk of prostate cancer by 35% and pancreatic cancer by 50% (Annals of Internal Medicine 2014).

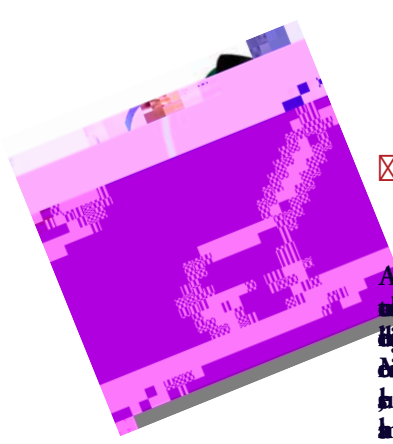
Research also shows that taking aspirin daily can reduce the risk of lung cancer by 35% (JAMA 2012).

Aspirin isn't for everybody. It can cause bleeding and stomach pain.

It can also interact with other medications. Always talk to your doctor before starting aspirin therapy.

Before starting preventive aspirin therapy, your doctor should evaluate your risk of bleeding and other side effects.

Aspirin is a powerful medicine. Use it wisely.



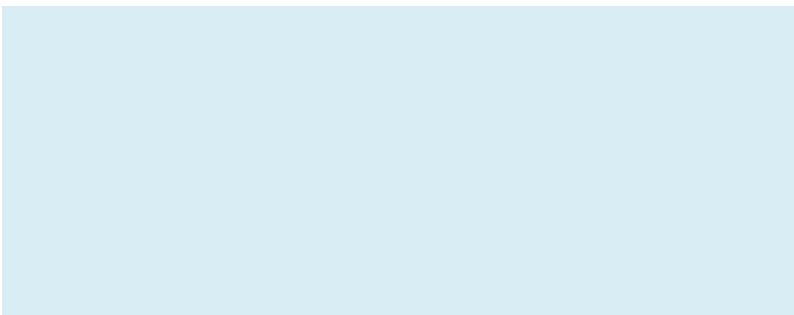
Is It Bronchitis?

When you have bronchitis, you may experience a persistent cough and mucus production.

Other symptoms include chest pain and shortness of breath.

Other symptoms include fatigue and a low-grade fever. If you experience these symptoms, it's important to see your doctor for a proper diagnosis and treatment.





Smart Moves toolkit is at www.personalbest.com/extras/17V1tools.