



Dr. Samadi: Prostate Cancer Risk Is Unaffected By Low Dose Aspirin

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In the recently released article, Prostate Cancer Risk Unaffected by Low-Dose Aspirin, Dr. Samadi outlined some of the potential effects of a low dose aspirin routine. A number of years ago, people began taking low doses of aspirin to avoid developing certain medical conditions, mainly heart disease, stroke, and cancer. However, new research points to the fact that consuming these small doses of aspirin may not be as effective as initially believed in decreasing one's chances of developing cancer. Yet, on the plus side, it may help slow the progression if prostate cancer is diagnosed in men taking low dose aspirin.

In a recent study, scientists at the Danish Cancer Society Research Center located in Copenhagen found that low-dose aspirin had no effect on the risk of developing prostate cancer in men. The study did, however, manage to establish that the low-dose aspirin treatments can slow down the progression of the disease in those already suffering from it. The aspirin was effective against a non-aggressive form of cancer, and the patients had been taking the low dose aspirin for at least five years prior to diagnosis.

Aspirin has a number of side effects which may be a major factor in deciding whether or not to rely on it as a potential protective measure. "Taking aspirin daily increases people's bleeding risk," says Dr. Samadi.

?Many older individuals will notice their body bruises much easier than when they were younger, but that may not be due to age. It could be the mild side effect of the aspirin. In serious complications, people can bleed internally, especially in the brain.?

Daily aspirin consumption can also cause gastritis, indigestion, nausea, and vomiting. As the condition worsens, people may begin passing black, tarry stool, and have bloody or black specks in their vomit. The only way to stop these symptoms is to stop taking the aspirin and go on other treatments, which may cause other issues.

Low-dose aspirin has been shown to possibly have some effect in fighting prostate cancer but taking it may lead to other life-threatening conditions and therefore pose additional risks to one?s health. You and your health team must decide whether or not the risk is worth it. In his article, Dr. Samadi states, ?In most cases, people who haven?t had a heart-related event should probably find other ways to protect themselves from cardiovascular disease. For instance: exercising, eating healthy, and lowering stress. For those who have suffered from a heart attack with a high risk of having another one, aspirin may be the best way to lower that risk.?

According to the article, Dr. Samadi recommends eating a low-fat diet that includes many fruits, vegetables, and dairy. At least thirty minutes of exercise per day along with a healthy diet may help decrease the likelihood of developing prostate cancer as well, without the harsh side effects of daily aspirin intake. Furthermore, a sedentary lifestyle poses a risk to women, making them liable to develop certain types of cancer as well. ?Inactive and sedentary lifestyles have been consistently linked to both major and minor health issues, such as obesity, heart disease, diabetes, and many types of cancer,? says Dr. Samadi in a separate article.

Dr. Samadi is a board-certified urologic oncologist with training in open, traditional, and laparoscopic surgery. He is also an expert in robotic prostate surgery at the Lenox Hill Hospital in New York. His informative articles have garnered a large online following of people seeking more information on the conditions discussed in the doctor?s articles. ?I love to read Dr. Samadi's posts because it educates and informs us on different diseases and their treatments, affecting not only men but women as well. I also like to read his health tips on how to live a long healthy life,? says one of the doctor?s readers.

Those looking to learn more about low-dose aspirin intake, or who wish to consult with a certified urologic oncologist may contact Dr. David Samadi. They may also connect with the doctor through his various social media platforms.

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