

 Goodfellow Gems are chosen by Goodfellow Director, Bruce Arroll to be either practice changing or thought provoking. You are being mailed these as you are a member of the Goodfellow learning community.

A great patient aspirin decision aid for primary prevention of CVD

The online aspirin bleeding risk calculator tool, created by Dr. Vanessa Selak's team (Auckland University), helps estimate a patient's own 5-year risk of a cardiovascular disease (CVD) event and the risk of a major bleed for primary prevention patients with and without aspirin.^{1,2} This enables the clinician to show the patient estimates of the benefits and harms of taking aspirin.

The tool informs and helps patients decide on taking aspirin, as it is a decision only they can make. It takes into account if the patient is on medications and/or has co-morbid health conditions that can influence bleeding and CVD events.

It is based on a New Zealand Cohort of 245,028 patients. The data may not be relevant to patients in countries outside of New Zealand.

References:

1. Aspirin Bleeding Risk Calculator [View here](#)
2. Personalized Prediction of Cardiovascular Benefits and Bleeding Harms From Aspirin for Primary Prevention: A Benefit–Harm Analysis. *Ann Intern Med* (2019). [View here](#)

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