

Daily Aspirin and Eye Damage: What You Need to Know

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By Charlotte Libov

Millions of Americans take a daily low-dose aspirin as a way to prevent heart attack and stroke. But a shocking new study **links regular aspirin use to a severe eye condition that can cause blindness.**

A top cardiologist tells Newsmax Health that the recent dire-sounding findings do not mean people should stop taking daily aspirin.

“Aspirin is a powerful way to cut the risk of heart attack and stroke by 50 percent, and people should not give it up because of a study or two, especially since there are other ways to prevent this form of blindness,” said Chauncey Crandall, M.D., head of preventive medicine and cardiology services at the world-renowned Palm Beach Cardiovascular Clinic in Palm Beach, Fla.

The aspirin study, published in the journal JAMA Internal Medicine, found that people who took daily aspirin on a long-term basis had a slightly increased risk of the “wet” form of macular degeneration, which is a leading cause of blindness in older people. There are two forms of age-related macular degeneration (AMD) – “wet” and “dry.” Although the “wet” form is less common – it comprises 10-15 percent of AMD cases – it advances more quickly and is more likely to lead to blindness.

For the study, Australian researchers gathered data on more than 2,300 people and found that daily aspirin use doubled the risk of wet AMD.

The findings should not dissuade people from taking aspirin for heart health, said Dr. Crandall, who added that he has never seen even one case of aspirin-caused wet AMD in his 25 years of practice.

“What is more pertinent, though, is that nutritional deficiencies appear to contribute to macular degeneration, so this is what people should be focusing on, not aspirin,” Dr. Crandall added.