

# Aspirin Effects During a Heart Attack

Now, a health minute.

According to the Harvard Medical School, people who believe they are experiencing a heart attack should call 911 and then chew 1 uncoated, 325 milligram aspirin.

Research has shown that chewing the tablet allows the body to absorb the aspirin more quickly.

And that's important because aspirin helps to prevent blood clots which can block the arteries during a heart attack.

Talk to your healthcare provider about aspirin and your heart. And whether you should be taking any medications to help reduce your risk of heart attack.

No matter your medication, if you are experiencing heart attack symptoms the first thing you should do is call 911.

Get help right away.