Daily aspirin myth takes another hit

Whoops! We were wrong.

Not me (of course) – I’m referring to the three major medical groups that have been urging diabetics to gobble down daily aspirin like there’s no tomorrow.

The American Heart Association, the American Diabetes Association and the American College of Cardiology have been dishing out bad advice for decades, telling diabetics with heart risk (in other words, all diabetics) to gobble down an aspirin a day starting at 40 years old.

Now, they’re saying that diabetic men can hold off until they’re 50, and women don’t have to start until they’re 60.

Give me a break already! Human lives are at stake here, and they’re busy playing “pin the age on the aspirin eater.”

Look, I don’t care if you’re diabetic, apathetic or telekinetic – no one should be taking daily doses of aspirin. This is a powerful and dangerous med that can lead to gastrointestinal bleeding and even bleeding in your brain – putting you at risk for a hemorrhagic stroke.

Yet for years, the mainstream has been handing out these pills like lollipops at a daycare... despite the fact that there is no credible evidence that proves “aspirin therapy” can lower heart risk.

It’s enough to give anyone a headache!

Whether you’re diabetic or not, the best way to lower your heart risk is through better eating and fish oil capsules, twice a day. Omega-3 fatty acids will do a much better job of boosting your cardiovascular health – and they come with none of the risks of daily aspirin use.

Not only that, but fish oil will also help everything from your eyes to your brain.

Aspirin, on the other hand, is a powerful and dangerous drug, and it should be reserved for when you truly can’t handle the pain – like when you need something to keep yourself from screaming as you head over to the emergency room.

But never, ever take them every day.

Diabetics missing key nutrients

One of the most common diabetes drugs is a nutritional vampire, sucking a key vitamin right out of the millions unlucky enough to be taking it.
Researchers say metformin can rob the body of vitamin B12 – a critical nutrient that helps balance your mood and memory. If you’ve ever wondered why diabetics are so gloomy, there’s your answer.

Until now, most doctors have assumed that those famous diabetic mood swings were caused by the disease... not the drugs.

Whoops – wrong again! The study in the British Medical Journal shows us what’s really going on here.

Researchers randomly assigned 390 diabetics to either metformin or a placebo for four years. Those lucky enough to get the placebo had no change in their B12 levels... but the metformin crowd got their own personal raincloud: A 19 percent drop in B12 levels.

What’s more, the researchers say the B12 robbery got worse over time. The study cut off after four years – so who knows how badly deficient you might be if, like so many other diabetics, you’ve been taking this med for a decade or more.

If you’re a diabetic, the best thing to do is quit sugar, get your life back under control and get off these meds as soon as you can. And while you work on that, make sure you’re getting enough B12.

That means more fatty steaks, and ZERO snack cakes.

And if you’re not working on the lifestyle changes that’ll get you off your diabetes meds, don’t even worry about your B12 levels. People who depend on these drugs inevitably die of a diabetes-related condition sooner or later, and a few extra vitamins won’t make much of a difference.

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