

Top cardiologists say Aspirin is a wonder drug

There is a consensus among top cardiologists about the effectiveness of Aspirin in the treatment of heart diseases and a host of other medical problems.

They are of the view that Aspirin prevents the excessive aggregation of platelets (inhibits clot formation), with-

in the blood vessels, which is responsible for heart attacks and ischemic strokes.

Prof. Abdus Samad, President, Pakistan Aspirin Foundation: Aspirin is extremely efficacious, widely acceptable, highly economical & readily available leading Antiplatelet agent used for reducing mortality & morbidity in Acute Coronary Syndromes as well as prevention of Acute Myocardial Infarction. In spite of recent

introduction of newer antiplatelet agents, Aspirin retains its number one place for the above said indications.

Pakistan Aspirin Foundation has prepared guidelines for medical uses of Aspirin. This monograph summarizes the scientific evidence produced in the world literature forming the basis for Aspirin use as an Antiplatelet Agent. The foundation also organizes programmes for physicians & public on medical uses of aspirin in different cities & districts of Pakistan.

I congratulate ATCO Laboratories (Pvt.) Ltd. for organizing Aspirin Day so that adult population at risk of Coronary Artery Diseases becomes aware of the usefulness

of aspirin in emergency situations & also in preventive aspects of cardiovascular ailments.

Prof. Shahryar A. Sheikh: Aspirin prevents blood clots by preventing platelets from releasing the prostaglandin thromboxane which causes platelets to clump together in a blood clot. Aspirin's "anti-coagulant" action can help prevent potentially fatal/circulatory problems. Aspirin is the only over the counter medicine approved by the U.S. Food and Drug Administration for prevention of cardiovascular disease in persons who have suffered a first heart attack or a transient ischemic attack (TIA-stroke) or who have unstable angina.

ATCO Laboratories is going to celebrate Aspirin Day on August 04, 2003 throughout Pakistan. It is welcome step and hope the use of aspirin in cardiovascular disease will further increase.

Prof. M. Ishaq: It is matter of great pleasure to know that M/s ATCO Labs are celebrating "Aspirin Day". Aspirin can be rightly called a magic drug in cardiovascular practice. It has saved millions of lives worldwide for fatal strokes & heart attacks.

It is also the most cost effective and safe drug which can be used on an indefinite basis. Aspirin has been the most celebrated cardiovascular drug of our time.

Its clinical benefits and scope

has expanded in recent years. Pakistan Aspirin foundation needs to be complimented for creating awareness on the medical uses of Aspirin.

Dr Shahbaz A. Kureshi: Aspirin has been used medicinally since times immemorial and has been demonstrated to have anti-thrombotic efficacy for almost five decades. It has proved itself to be an effective, inexpensive and relatively safe drug for the prevention of various thrombotic and Vascular disorders. Indeed, if it had been more expensive it would have been used more frequently. Even though its plasma half-life is only 20 minutes but because it blocks the function of

Continued on page II

Aspirin Foundation marches ahead

By Shaukat Ali Jawaid,
General Secretary,
Pakistan Aspirin Foundation

From simple pain relief to clot buster, it is an amazing success story of Aspirin that has completed over hundred years of its use in clinical practice. It is one of the most widely researched drug which is known as the wonder drug of the 20th century. To promote the use of Aspirin in its well established indications, which are increasing everyday, Aspirin Foundation is working in USA, Europe, South Africa and India.

Pakistan Aspirin Foundation, (Forum for Thrombosis and Atherosclerosis) is a non-profit organization. It was founded by a multi-disciplinary group of concerned physicians of Pakistan in 1997. We have Twelve (12) Founder Members and thirteen (13) Life Members. Ever since its inception it has been quite active. Its main objectives are to create aware-

ness and promote research in medical uses of Aspirin and other anti-thrombotic, anti-sclerotic agents. We have a very democratic set-up and hold elections every two years. Prof. Mahmood Ali Malik, former Principal of King Edward Medical College, Lahore was the founder-President. He was succeeded by Prof. Ejaz Ahmad Vohra from Ziauddin Medical University, Karachi. Prof. Abdus Samad, an eminent cardiologist, is the current President.

Our accomplishments so far include holding seminars on medical uses of Aspirin at Karachi, Mirpur Khas, Sukkur, Larkana, Lahore, Rawalpindi, Multan, Bahawalpur, Faisalabad, Sargodha, Jehlum, Mirpur in Azad Kashmir, Peshawar, Swat, Quetta, Abbottabad and in Khuzdar (Balochistan).

Pakistan Aspirin Foundation is extremely grateful to M/s ATCO Laboratories who are sponsoring our academic activities for the last many years.

Importance of health awareness

By Dr Farhana Azim

We are well aware of the fact that there is an extensive ignorance on the part of the Pakistani public about health knowledge and advancement in medicine, a surprising lapse for citizens of a country which is a nuclear power.

It is a deplorable state of affairs that the two important institutions, the medical institution & the health institution have suffered greatly due to lack of a proper education system. Illiteracy is a sickness of the soul whereas disease refers to sick-

ness of the body as well as the communal environs in which that body lives.

Everybody gets sick, disease and Injury afflict us throughout our lives until, inevitably, some final assault on the body brings our existence to an end. Because ill-health is a universal problem, affecting both the individual and the society, the human response to sickness is always socially organised. No civilised society should leave the responsibility for maintaining health and treating ill-health entirely to the individual and accordingly develop its own concepts of health and sickness.

In the more advanced societies even an epidemic of flu or sporadic outbreaks of gastroenteritis etc., is taken as a grave emergency and for many years, consistent programmes for the

education of the susceptible groups have been devised at all functional levels.

Disease has many side-effects, the most obvious being that it can disrupt a society by disabling its members. Like other natural disasters, some diseases may confront a society continuously. The direct impact of any disease, of course, falls on the individual, who may experience discomfort, pain, anxiety confinement, or even death. But the effects can extend beyond the individual to the family, the community and the whole society.

In this context, health awareness is as essential for the growth of a healthy social system as awareness about socio-economical, scientific, technological, educational, moral & religious issues. Unfortunately,

for our nation the bare essentials for our categorization among the nations of the twenty first century remains abhorrent as all other issues pertaining to the welfare of the masses. We cannot record a day when at least hundreds of people are not dying due to lack of health awareness and education. We are a nation which on one hand proudly presents more than fifty years of existence, a geographically strategic locale, some of the most renowned scientists, hundreds of impressive sustainable development programmes on our state agenda, while the highest infant/maternal mortality plus lowest life expectancy on the other hand.

Pharmaceutical industry, one of the largest industries in

Continued on page II