

Aspirin Session during the PHL Conference at Multan

Guidelines should be modified keeping in view the environment and characteristics of population

HCPs should not wait for an event to occur and then start Aspirin Therapy for secondary prevention-Prof. Abdus Samad

Low Dose Aspirin therapy is being commonly used for prevention of still birth, fetal growth restriction, pre term birth, and early pregnancy loss besides prevention of pre-eclampsia - Dr. Saima Ashraf

MULTAN: Pakistan has a very hot climate, majority of the people are obese or overweight, and we see Acute Myocardial Infraction at a much younger age which is at least ten years earlier as compared to the West. Hence most of these people are in high risk category. As such healthcare professionals should not wait for an event to occur and then start Aspirin Therapy to prevent cardiovascular diseases. We need to prescribe low dose Aspirin in all high risk patients and the controversy regarding its use for primary prevention does not merit consideration. In fact all the Guidelines by various professional bodies, Task Forces and institutions need to be modified before they are implemented keeping in view the local environment and patients characteristics. This was stated by Prof. Abdus Samad an eminent interventional cardiologist and former President of Pakistan Aspirin Foundation. He was giving his concluding remarks after listening to presentations at the session as well as comments by a number of experts in the panel discussion.

This Aspirin Session was organized by Pakistan Aspirin Foundation in collaboration with Pakistan Hypertension League on the second day of the conference. The session was very well attended by a large number of eminent cardiologists and physicians besides postgraduates.

Dr. Saima Ashraf Associate Professor of Obstetrics & Gynaecology at Nishtar Medical University was the first speaker who talked on "Use of Aspirin in pregnancy and gynecological disorders". Low Dose Aspirin

therapy, she said, has been used most commonly to prevent or delay the onset of pre eclampsia. Other suggested indications include prevention of still birth, fetal growth restriction, pre term birth and early pregnancy loss.

Pregnant women at high risk of pre eclampsia are advised to take 75-150mg of Aspirin daily from 12th weeks of pregnancy till birth of the baby. Women at risk, Dr. Saima Ashraf stated include those who are suffering from hypertension during previous pregnancy, those with chronic kidney disease, Auto immune disease such as systemic lupus erythematosus or anti-phospholipid syndrome, or suffering from Type-1 or Type-2 diabetes and chronic hypertension.

Pregnant women who are at high risk of pre eclampsia include those with more than one moderate risk factor i.e. first pregnancy, age more than forty years, pregnancy interval of more than ten-year, family history of pre eclampsia, multi fetal-pregnancy. CLASP study, Dr. Saima Ashraf said has suggested 12% risk reduction in pre eclampsia in women taking low dose Aspirin regularly. ASPRE trial

also showed a significant reduction in primary outcome of delivery with pre term pre eclampsia with



Prof. Abdus Samad, Prof. Saima Ashraf and Prof. Abu Bakar Saad speaking at the Aspirin Session during the PHL Conference held at CPE Institute of Cardiology Multan on September 27th 2024.

the use of Aspirin. Yet another study Aspirin Supplementation for pregnancy has shown 11% risk reduction in Multiparas of pre-term births.

Speaking about the safety of

It is always advisable to weigh the benefits and risk before starting patients on low dose Aspirin therapy - Prof. Abu Bakar Ali Saad

Aspirin Therapy Dr. Saima Ashraf remarked that 2019 Cochran review did not identify any significant increase in the risk of placental abruption, neonatal intraventricular hemorrhage or adverse childhood outcome.

Regular use of Aspirin was also associated with a decreased risk of UC and this association remains significant for short term users. Low dose use of Aspirin also results in improved survival outcomes in women with endometrial cancers especially who are young, obese and those who receive postoperative radiotherapy.

Talking about the benefits of use of Aspirin in cancer, Dr. Saima Ashraf said that it can reduce the risk of gastric, esophageal, colorectal, pancreatic, ovarian, breast and prostate cancers. Low Dose Aspirin therapy with

Tamoxifen offers additional benefit of improving ovarian response, prepare the endometrium to increase the chances of pregnancy. Hence low dose Aspirin seems to be extremely useful, effective and

very economical and safe in the treatment of patients who undergo ovulation induction. Aspirin is also beneficial for the endometrial regeneration and repair after Tran's cervical resection to reduce the postoperative recurrence

ARRIVE and ASCEND trials have highlighted moderate benefit but with significant bleeding risk. NICE Guidelines also recommend Aspirin only in specific high risk patients. One needs to calculate the risk before prescribing Aspirin.

Safety and efficacy of low dose aspirin therapy is well established in secondary prevention. ASCEND trial showed aspirin reduced serious vascular events by 12% but had an increased risk of bleeding. He was of the view that while using low dose Aspirin therapy, one must weigh benefits against bleeding risks. Despite its well

established safety and efficacy in CVD including Acute Coronary Syndrome, Aspirin was still under used. He emphasized the importance of patient tailored therapy keeping in view the benefits and risks.

As usual, there was a lively discussion after the presentations. A large number of cardiologists attending the session were invited to share their personal experience with the use of Aspirin. While everyone supported its use in secondary prevention, there was some debate on its use in primary prevention. To reduce the risk of bleeding, one should combine it with PPIs and enteric coated

Secretary of Pakistan Aspirin Foundation thanked the guest speakers, members of the expert's panel and participants for attending the session. We follow professional ethics and do not promote any particular company or brand name of Aspirin. However, we are extremely grateful to Atco Laboratories and Mr. Kashif Riaz in particular who have been sponsoring our CME programmes for the last many years to promote the use of aspirin in its well established as well as new emerging indications. He also thanked Prof. Kashif Hashmi and Prof. Tariq Abbas for including the Aspirin Session in the scientific programme.

13th SAARC ENT Conference at Karachi from Dec 6th to 9th 2024

KARACHI: Pakistan Society of Otorhinolaryngology is organizing the 13th SAARC ENT conference at Karachi from December 06th to 09th 2024. Prof. Mohibullah Khan and Prof. Tariq Rafi are Patrons of the conference while Prof. Iqbal Muhammad Khyani is Chairman of the organizing committee with Prof. Sameer Qureshi as General Secretary. www.saarcent.com

Novel AI algorithm

CONTINUED FROM PAGE-7

ferent datasets, reflecting its robust performance to adapt to diverse patient demographics. The study utilised extensive data from four open-source datasets, enhancing the algorithm's applicability and accuracy across different populations. Such capabilities underline the importance of AI-based approaches in medical diagnostics. Furthermore, while MV-DEFEAT significantly aids in breast cancer screening, the team at the University of Eastern Finland emphasizes the need for continued refinement and validation of the algorithm to ensure its reliability and efficacy in clinical settings. These promising results pave the way for the use of AI in enhancing diagnostic processes, potentially leading to earlier detection and better patient outcomes in breast cancer care.

"To fully integrate AI like MV-DEFEAT into clinical practice, it is crucial to build trust among healthcare professionals through



Group photograph of the participants in the Aspirin Session organized by Pakistan Aspirin Foundation during the PHL conference held at CPE Institute of Cardiology on September 27th 2024.

of intrauterine adhesions, thus improves menstruation and improves the reproductive prognosis, she remarked.

Dr. Abu Bakar Ali Saad Prof. of Cardiology at D. G.Khan Medical College in his brief presentation highlighted the benefits of Aspirin

Aspirin also has its own benefits. Prof. Shahbaz Kureshi President of Pakistan Aspirin Foundation suggested calcium scoring before prescribing aspirin therapy. Prof. Ejaz Ahmed Vohra, Prof. M. Ishaq, Prof. Ahmed Bilal, Prof. Feroze Memon, Prof. Haroon Khan Babar,



Prof. Shahbaz Kureshi President Paksitan Aspirin Foundation, Prof. Ejaz Ahmad Vohra, Prof. M. Ishaq, Prof. Ahmad Bilal and Prof. Mansoor Ahmed participating in the discussion during the Aspirin Session at PHL conference held in Multan.

therapy in cardiovascular diseases and beyond. Aspirin, he stated, is a wonder drug which was discovered one hundred twenty five years ago. He then referred to various landmark trials as well. Speaking about use of Aspirin in primary prevention of CVD, he said, AHA Guidelines suggest its use in adults

Dr. Bandey Ali Shah, Prof. Azizur Rehman and Prof. Saeed Sangi were also invited to share their experience. Safety and efficacy of this most economically priced antiplatelet agent, they opined, was well established. However, it is always advisable to weight the benefit and risk particularly before

rigorous testing and validation. Indeed, our next steps involve further validation studies to establish MV-DEFEAT as a reliable tool for breast cancer diagnostics in Finland," says Doctoral Researcher Raju Gudhe of the University of Eastern Finland.

Ref: Gudhe, N.R., Mazen, S.,



Prof. Feroz Memon, Prof. Haroon Khan Babar, Dr. Bandey Ali Shah, Prof. Azizur Rehman and Prof. Saeed Sangi participating in the discussion during the Aspirin session held at PHL Conference in Multan recently.

between the age of forty to seventy years with high cardiovascular risk and those who are not at increased risk of bleeding. In such patients Aspirin may be considered.

prescribing Aspirin therapy for primary prevention.

The session was moderated by Prof. Fawad. Farooq Earlier Mr. Shaukat Ali Jawaid General

and colleagues. 2024. A Multi-view deep evidential learning approach for mammogram density classification. IEEE Access. 10.1109/ACCESS.2024.3399204

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