

# Dr. Thomas Lodi Publishes Blog Post On Recent Aspirin Study

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For many years, it has been believed that a daily aspirin regimen offers a host of health benefits, such as reduced risk of heart attack, reduced risk of heart disease, and reduced risk of coronary artery disease. Doctors would prescribe the regimen of a daily aspirin dose, especially to their elder patients. [Dr. Thomas Lodi](#) has now published a blog post commenting on a study reported on by Clearvue Data and The New England Journal of Medicine, which showed that taking aspirin regularly was linked to a significant rise in cancer deaths.

More recent studies like the one mentioned above sought to verify whether taking aspirin daily actually helps in increasing a person's lifespan by reducing the risk of heart attack or stroke. Indeed, it was found that those people who took aspirin daily have a lower risk of dying from cardiovascular disease, but unexpectedly, the difference from those who took a placebo was low. Further investigation showed that the people who took aspirin regularly had a higher incidence of cancer deaths.

Dr. Thomas Lodi, the founder of [An Oasis of Healing](#), addresses this in his latest blog post, "How to Swap Out a Future Heart Attack For Cancer". In this post, he talks about the article from Clearvue Data that reported on the study involving 19,114 patients. About half of them were assigned to placebo, while the others were assigned to aspirin. Dr. Lodi points out that contrary to popular belief, daily aspirin intake did not really help in prolonging lifespan because while the risk for cardiovascular disease was reduced, the risk for death due to cancer increased at the same time.

In his blog, Dr. Lodi expresses caution about the data. He says, "This was a highly unexpected result; no previous study had ever found significant evidence of aspirin causing higher mortality. Therefore, we still are not sure why patients on aspirin had a higher risk of cancer death. When scientists examined the risk of getting cancer in both groups, they found that the odds were only slightly increased in the aspirin group, likely not enough to account for the increase in cancer deaths."

Dr. Thomas Lodi, the founder of An Oasis Of Healing, has been practicing medicine, in many capacities, for over 28 years. Prior to medical school, he practiced medicine as a clinical psychologist. In 1985, he served as a Clinical Fellow at Columbia University College of Physicians and Surgeons in New York City. In more recent years, he has narrowed his scope of practice to Integrative Oncology.

In his blog, he also calls on The New England Journal of Medicine as a reference for evidence that daily aspirin regimens should be halted. In the article titled, "Effect of Aspirin on All-Cause Mortality in the Healthy Elderly," the authors call attention to the increased mortality rate of elderly who were given a regimen of aspirin versus the patients who were given a placebo, with the primary cause of death being cancer.

Though the margins were considered to be low, Dr. Lodi had this to say about the differential, "The difference was not huge, but enough to suggest that this was probably not due to random chance or

statistical error, the patients who took aspirin in this study most likely had higher odds of dying than patients who took sugar pills." Though there is a clear correlation between the increased mortality rate and taking aspirin, doctors aren't sure why.

Dr. Lodi is taking a scientific stance on the matter, and he cautions patients, "If your doctor puts you on aspirin for a specific reason, for example, a previous heart attack or stroke, listen to your doctor, keep taking it. This research was only in healthy individuals and there is plenty of research showing the benefits of aspirin for those who need it."

Dr. Thomas Lodi has a long list of feats and accomplishments that he has attained through the years. Some of these include licensed medical doctor since 1986, member of the national board of medical examiners since 1986, certified nutrition specialist since 2002, and a fellow of integrative cancer therapies since 2010.

As a fellow of integrative cancer therapy, Dr. Lodi has an obvious interest in the aspirin studies that suggest higher cancer rates in healthy patients. He takes an alternative approach to his medical practice, hoping that he can help prevent healthy patients from getting cancer whenever possible.

Before anyone panics about their aspirin regimen, Dr. Lodi makes this suggestion, "The finding of increased cancer deaths in patients taking aspirin, combined with the finding that aspirin clearly doesn't prevent deaths in healthy individuals, suggests that if you're healthy and taking aspirin just to prevent a heart attack, talk to your doctor about whether you should stop taking aspirin for prevention."

An Oasis of Healing is an alternative cancer treatment center that focuses on providing their patients with knowledge and information in order to overcome the first major barrier of cancer treatment - acceptance. This methodology allows the patients to understand what their body is going through and will be going through, taking the guesswork out of how they will feel each day. This allows them to move forward, as they are both physically and mentally ready to heal.

Source: <http://www.pressadvantage.com/story/22608-dr-thomas-lodi-publishes-blog-post-on-recent-aspirin-study>