Aspirin may cut deaths in women with heart disease

Exercise can add three years to life expectancy

Potential for pandemic

For the birds

Awake but pain-free

Better analgesics for less pain

Learn from experience

Younger in body

Younger in mind

ALCOHOL *Continued from page 1*

Unhealthy drinking

Young at heart

Weighing risks…and benefits

I have had atrial fibrillation without any associated heart disease for 40 years. I am unable to take Coumadin, so for many years I have relied on one (325 mg) aspirin daily for its anticoagulation effect. Are there any statistics as to aspirin's benefit compared with those for Coumadin?

I was prescribed *alendronate (Fosamax)* for bone loss a year ago at age 55, and I just got the results of my bone density scan. Why would it show a good improvement in the spine but not so much in my hip? How long would I have to wait to see results on my bone density?

EDITORIAL CORRESPONDENCE

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