

## *Rövid közlemény*

### **Az Aspirin - szedés időpontja befolyásolhatja-e a vascularis események előfordulásának gyakoriságát?**

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#### **Összefoglalás**

A miokardiális infarktus és a stroke klinikai tünetei leggyakrabban a reggeli órákban jelentkeznek egy 24 órás megfigyelés alatt. A megelőzés egyik legelterjedtebb, leghatékonyabb és olcsó szere az aspirin, melynek hatékony szérumszintje - a szokásos reggeli időpontban történő bevétele esetén -, és a szív-érrendszeri megbetegedések tüneteinek jelentkezése eltérő időpontokban van. Az aspirin kora reggeli bevétele esetén a profilaktikus hatása mérsékeltebb, mindezt a mellékhatások csökkentése miatt a racionalizált dózisredukció (375 mg vs. 100 mg) is fokozhatja. Ezzel szemben ha este 22 órakor kerül bevitelre, az aspirin legmagasabb szérumszintje a tromboemboliás rendellenességek leggyakoribb keletkezési időpontja előtt alakul ki. Úgy véljük, az aspirin szérumszintjének 24 órás időbeli alakulását kihasználva a szív- és érrendszeri betegségekben megfigyelhető profilaktikus hatása hatékonyabbá tehető.

**Kulcsszavak:** aspirin, prevenció, vaszkuláris betegségek, cirkadián ritmus

#### **Can the Time of Taking Aspirin Affect the Frequency of Occurrence of Vascular Events?**

##### **Summary**

The clinical symptoms of myocardial infarct and stroke occur most often in the morning during 24 hour observation. The most wide-spread and most effective, yet cheapest method of prevention is aspirin treatment. The effective serum level of aspirin – in case of taking during the morning hours – is reached at a different time than the occurrence of coronary and vascular events. Based on these, taking aspirin early in the morning results in a moderate prophylactic effect, the effect may also be decreased by the rationalized dose reduction (from 375 mg to 100 mg) to avoid side-effects. On the other hand, taking aspirin at 10 p.m. results in the highest serum level before the time of occurrence of thrombo-embolic disorders. We believe, that with the establishment of a more favorable serum profile of the drug, its prophylactic effect on coronary and vascular diseases could be enhanced.

**Key words:** aspirin, prevntion, vascular diseases, circadian rhythm

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