

USPSTF Draft Recommendation Advises Aspirin for Women at Risk for Preeclampsia

By Kelly Young

The U.S. Preventive Services Task Force is recommending the use of low-dose aspirin (81 mg/day) to prevent preeclampsia in high-risk women. Previously, the group found insufficient evidence to recommend its routine use.

In a draft recommendation statement, the task force advises daily, low-dose aspirin after 12 weeks' gestation if a woman has one or more high-risk conditions, such as a history of preeclampsia, chronic hypertension, or diabetes, or has several moderate risk factors, including obesity, family history, and an age of 35 years or above.

Clinical trials found that aspirin reduced the risk for preeclampsia by 24%, preterm birth by 14%, and intrauterine growth restriction by 20%. There was no evidence of maternal or fetal harms with aspirin.

The authors write that aspirin's anti-inflammatory, antiangiogenesis, and antiplatelet properties could help explain its role in preeclampsia prevention.

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