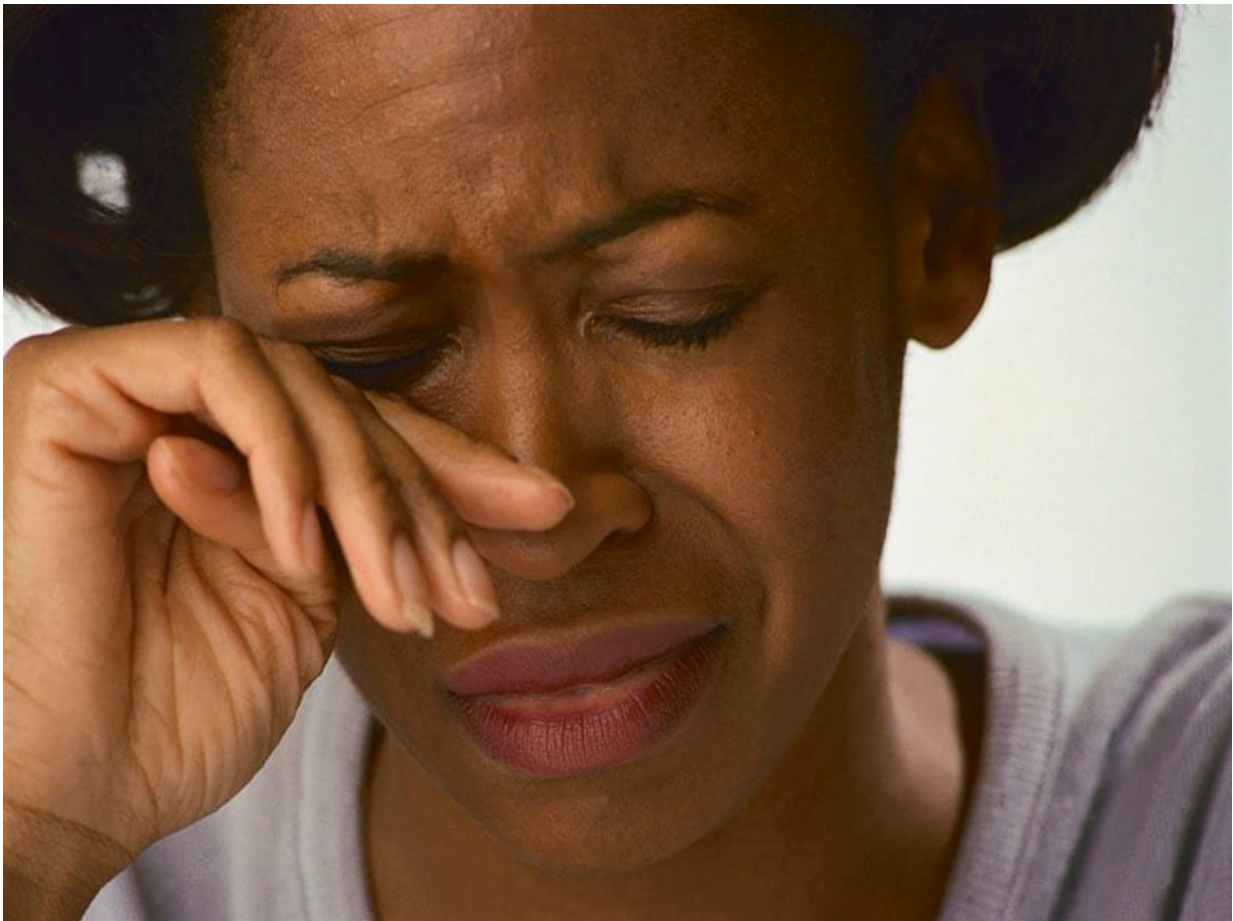


Short-term medications may cut risk for 'broken heart' syndrome

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(HealthDay)—In early bereavement, low-dose metoprolol and aspirin

reduces physiological and psychological surrogate measures of cardiovascular risk, according to a study published in the February issue of the *American Heart Journal*.

Geoffrey H. Tofler, M.D., from the University of Sydney, and colleagues sought to determine whether daily β -blocker (metoprolol 25 mg) and [aspirin](#) (100 mg) could reduce cardiovascular risk markers and anxiety among 85 recently bereaved participants (73 spouses and 12 parents) without adversely affecting [bereavement](#) intensity.

The researchers found that participants on metoprolol and aspirin had lower levels of home systolic pressure, 24-hour average heart rate, anxiety, platelet response to [arachidonic acid](#), and depression symptoms, compared to those taking placebo. There were no differences noted in von Willebrand Factor antigen, platelet-granulocyte aggregates, or bereavement intensity. No significant adverse safety impacts were seen.

"Results suggest a potential preventive benefit of this approach during heightened cardiovascular risk associated with early bereavement," the authors write.

More information: [Abstract/Full Text \(subscription or payment may be required\)](#)

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