## Nutrition Facts

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 309</td>
<td></td>
</tr>
<tr>
<td>Calories from Fat 146</td>
<td></td>
</tr>
<tr>
<td>Total Fat 16g</td>
<td>25%</td>
</tr>
<tr>
<td>Saturated Fat 5g</td>
<td>24%</td>
</tr>
<tr>
<td>Cholesterol 67mg</td>
<td>22%</td>
</tr>
<tr>
<td>Sodium 354mg</td>
<td>15%</td>
</tr>
<tr>
<td>Total Carbohydrates 14g</td>
<td>5%</td>
</tr>
<tr>
<td>Dietary Fiber 2g</td>
<td>7%</td>
</tr>
<tr>
<td>Sugars 9g</td>
<td></td>
</tr>
<tr>
<td>Protein 27g</td>
<td></td>
</tr>
<tr>
<td>Vitamin A 11%</td>
<td></td>
</tr>
<tr>
<td>Vitamin C 40%</td>
<td></td>
</tr>
<tr>
<td>Calcium 3%</td>
<td></td>
</tr>
<tr>
<td>Iron 7%</td>
<td></td>
</tr>
<tr>
<td>Vitamin K 9mcg</td>
<td></td>
</tr>
<tr>
<td>Potassium 721mg</td>
<td></td>
</tr>
<tr>
<td>Magnesium 38mg</td>
<td></td>
</tr>
</tbody>
</table>

**Serves: 4**
(4 ounces pork with marmalade)

Serve with roasted or mashed potatoes.

2 tbsp olive oil
1 clove garlic (peeled and sliced)
2 tsp dry rubbed sage
1 small onion (diced)
1 lb peaches, peeled and sliced thinly
1/2 cup low sodium chicken or vegetable broth
1/4 cup water
1 lime (juiced)
1/2 tsp salt
1/4 tsp ground cumin
2 tsp maple syrup
2 tsp unsalted butter
4 4 ounce center cut pork chops (boneless)
1/4 red bell pepper (finely diced)

### Place a medium stainless steel saucepan over medium heat. Add 1 tablespoon olive oil, garlic, and sage, cook for one minute, stirring frequently.
Add diced onion and cook for three minutes. Add sliced peaches and 1/2 cup chicken stock. Reduce heat to low. Add water, lime juice, 1/4 tsp. salt, ground cumin, and black pepper, and stir well. Cook, simmering gently, for 20 minutes, until peaches are softened.
Gently mash peaches with a fork until they’re the consistency of marmalade. Add the maple syrup and 2 tablespoons butter and set aside.
Place a large skillet in oven preheat oven to 375°F.
When hot, sprinkle the remaining 1/4 tsp salt over the pork chops. Add the remaining olive oil to the hot pan. Place the pork chops in the pan, seasoned side down.
Put back in the oven and cook for 7-9 minutes, then turn. Cook for an additional 5-6 minutes.
Plate each pork chop and serve, topped with the peach marmalade and sprinkled with red pepper.

### Outdoor summer activity

Summer’s heat can put the elderly at greater risk for dehydration, heat stroke, or heat exhaustion. According to the CDC (Centers for Disease Control and Prevention), elderly people (people aged 65 years and older) are more at risk because they are more likely:
- To have a chronic medical condition that changes normal body responses to heat.
- To take prescription medicines that impair the body’s ability to regulate its temperature or that slow down perspiration.

**Tips for the summer months:**
- Try to plan outside activities during non-peak hours when it might be a little cooler.
- Move exercise indoors. Consider exercising at a gym, walking on a treadmill, or “mall walking”.
- Drink plenty of fluids, especially water. Avoid drinking alcoholic or caffeinated beverages as these ingredients can have a diuretic effect.
- Consume food and drink with sodium and potassium to restore electrolyte balance.
- Be aware of signs of dehydration, heat exhaustion and heat stroke.
### Bee Stings

Summertime finds many people spending more time outside enjoying garden flowers and countless cookouts. Between garden flowers and the many wonderful smells from your grill - you are sure to meet up with yellow jackets, hornets, bumblebees, or honey bees. If you happen to get stung, there are some common tips to bring fast pain relief, such as apply an ice pack to the area will help bring relief of the sting and reduce swelling. You may be tempted to take aspirin or an antihistamine to reduce your body's inflammation. According to the warfarin insert, antihistamines may lead to a decrease in your INR value; while aspirin may increase your bleeding time. The stress on the body from a sting may also influence your INR test results. You may be tempted to take aspirin or an antihistamine to reduce your body's inflammation. According to the warfarin insert, antihistamines may lead to a decrease in your INR value; while aspirin may increase your bleeding time.

### Water Safety

Summer involves swimming and other water related activities. In the heat of summertime, be cautious and aware of water safety:

- Wear water shoes while swimming or at the beach. Shells and rocks can be sharp.
- Keep hydrated by drinking water. Have plenty of cold, non-alcoholic beverages on hand to help with that dry, parched feeling during activity.
- Be careful of rip tides and rip current warnings. Swim near lifeguards.
- All boaters and weak swimmers should use lifejackets.
- When fishing use pliers for baiting and unhooking a fish.
- Use bug spray to prevent tick and bug bites.

Enjoy the pool and beach more safely this summer!

### Keeping Hydrated in the Heat

Summer offers plenty of outdoor activities, but be aware spending too much time in the sun can also dehydrate you. Dehydration simply means that your body does not have enough water to carry out simple, but life saving functions, such as keeping our body temperature normal. Dehydration could increase your INR test results. Here are some common tips to avoid dehydration:

- Drink plenty of water; carry a water bottle with you for easy access.
- Drink several glasses of water after the physical activity is completed.
- Avoid alcohol, caffeinated, and sugar-sweetened beverages as they will further dehydrate you.
- Review the medications you are taking as some can lead to water loss.

You may or may not have a change in your INR when flying. A review of three studies has indicated that traveling to high altitude can frequently lead to INR instability. The review concluded traveling to high altitude resulted in a decrease in INR value. Talk to your doctor before traveling to a higher altitude or descending from a higher altitude so that your INR can be monitored more closely.

Home INR monitoring will help improve your control of warfarin. More frequent testing, typically performed by patient self-testing, is a valuable tool for detecting rises and falls in INR values and enable you to work with your clinician to make any adjustments to diet or medication dosing.

### Improve your INR stability by testing more frequently with HOME INR MONITORING

Go to PTINR.com or talk to your doctor for more information.
**Travel Series: Altitude & Your INR**

People love to travel, sightsee and explore interesting places. Travel can often change your routine and habits. Changes in diet, physical activity, stress can influence your INR (International Normalized Ratio). You can travel safely while taking warfarin; just keep the same routine you have at home.

Altitude change may affect your INR. Nearly 200,000 people taking warfarin visit a resort at altitude exceeding 7,500 feet annually in Colorado alone. Many more are traveling to other areas of elevation in the United States as well as in countries across the world. Healthcare providers have expressed concern that high altitude residents or visitors taking warfarin may change in their INR as they ascend to or descend from elevation.

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**First Aid**

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The stress on the body from a sting may also influence your INR test results. Now would be a good time to ask your doctor what is safe for you if you find yourself on the wrong end of a stinger.
**Café PTINR® Recipe**

**PAN-SEARED PORK CHOPS WITH SAVORY PEACH MARMALADE**

**Serves: 4**

(4 ounces pork with marmalade)

Serve with roasted or mashed potatoes.

2 tbsp olive oil  
1 clove garlic (peeled and sliced)  
2 tsp dry rubbed sage  
1 small onion (diced)  
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1/4 red bell pepper (finely diced)

Place a medium stainless steel saucepan over medium heat. Add 1 tablespoon olive oil, garlic, and sage, cook for one minute, stirring frequently. Add diced onion and cook for three minutes. Add sliced peaches and 1/2 cup chicken stock. Reduce heat to low. Add water, lime juice, 1/4 tsp. salt, ground cumin, and black pepper, and stir well. Cook, simmering gently, for 20 minutes, until peaches are softened.

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Place a large skillet in oven and preheat oven to 375°F. When hot, sprinkle the remaining 1/4 tsp salt over the pork chops. Add the remaining olive oil to the hot pan. Place the pork chops in the pan, seasoned side down.

Put back in the oven and cook for 7-9 minutes, then turn. Cook for an additional 5-6 minutes. Place each pork chop and serve, topped with the peach marmalade and sprinkled with red pepper.

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Saturated Fat 5g  
Cholesterol 67mg  
Sodium 354mg  
Total Carbohydrates 14g  
Dietary Fiber 2g  
Sugars 9g  
Protein 27g  
Vitamin A 11%  
Vitamin C 40%  
Calcium 3%  
Iron 7%  
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