

WellLife

A guide for living on Coumadin®*

VOLUME 3



Understanding and Managing Stress

Although many variables can contribute to fluctuations of your INR, stress is often an unforeseen factor. It has the potential to influence lifestyle and can be brought on by a variety of factors:

Environmental: The human body responds to environmental changes such as temperature. Conditions vary across the United States and can result in drastic temperature changes that your body can take time to get used to.

Physical: Stress can be brought on by a variety of physical conditions. Pain can induce stress on the body, which can cause more complications if it is a result of a fall. Colds and flu can increase stress with body changes, fevers, or loss of sleep; which can introduce fatigue, another form of stress.

Emotional: The body also reacts to adverse emotional conditions. Some stress is due to worry and concern, or significant loss. Worry can be caused by various reasons including financial, work related, and changes in INR levels.

People taking Coumadin® (warfarin), who are otherwise within therapeutic range, sometimes can experience instability of their INR test results. Stress and any resulting dietary deficiencies may be a possible reason for unexplained INR results, especially if your dose has remained constant, and other medication use has been consistently taken.

For more information on living a healthy, happy life all year long while taking Coumadin® (warfarin), visit www.PTINR.com.

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WellLife: A guide for living on Coumadin® is brought to you by Alere Home Monitoring





Three C's to Coumadin® Safety:

- Communication
- Consistency
- Compliance

Communication, consistency and compliance are the three C's to your safety while taking Coumadin® (warfarin) medication. Good communication includes not only asking about other medication use and diet, but also making sure you clearly understand how to take your Coumadin® exactly how your physician intends you to take it.

In today's fast-paced world, you have an increasingly important role in your care. Doctors or nurses will often explain the details of your prescription during an office visit. "Take two on Monday" may mean take **one** 2mg Coumadin® (warfarin) tablet on Monday or some may interpret this to mean, take **two** 2mg tablets on Monday. This simple misunderstanding could result

in a doubling of the dose and may lead to an increased risk of bleeding.

Another valuable check is to read the instructions on the pharmacy label of your new or renewed prescription. Make sure you understand exactly how to take your Coumadin® (warfarin) medication each day.



Improve your INR stability with the freedom of HOME MONITORING

Home monitoring delivers fast results and allows you to accurately evaluate the true effects of diet and/or other medications. Testing at home provides you the freedom of monitoring your INR whenever and wherever you want.

Talk to your physician today to see if home monitoring is right for you.

Safety at Home

Nosebleeds

Nosebleeds can be frustrating, embarrassing, and even frightening. Patients taking Coumadin® (warfarin) may be more at risk for a prolonged, and possibly more severe, bleeding episode.¹

Anterior nosebleeds are most common, and occur when small blood vessels rupture in the low septum, which is the portion of the lower nose that separates the nostrils. Bleeding usually occurs in only one nostril.

Low humidity, injury to the nose, and uncontrolled high blood pressure are factors that increase the risk of a nosebleed. Excessive nose blowing and/or use of antihistamines can also increase the risk.

The use of over-the-counter saline nasal sprays can help diminish the risk of nosebleeds by maintaining a moist environment in the septum, decreasing the risk of ruptured small blood capillaries. Humidifiers may also be used to increase humidity in the home during fall and winter months, when nosebleeds are more common.²

Over-the-counter products do not substitute for professional healthcare. If you are using Coumadin® (warfarin) medication, you should report all bleeding events to your doctor.

Airborne® and Coumadin®

The Airborne® dietary supplement is marketed to boost one's immune system. At the recommended dosage on the package, an adult is not to exceed taking 3 tablets per day. Even at a short duration, the Airborne® dietary supplement exceeds the FDA's recommended daily allowance (RDA) for three important vitamins:

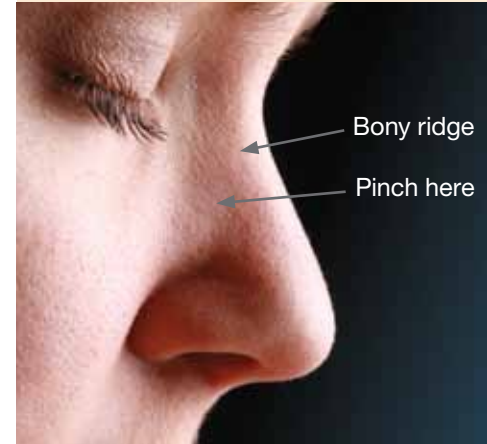
- Vitamin A – 15,000 IUs contained in 3 tablets, with an RDA of only 5,000 IUs.
- Vitamin C – 3,000 mgs contained in 3 tablets, with an RDA of only 60 mgs.
- Vitamin E – 90 IUs contained in 3 tablets, with an RDA of only 30 IUs.



Vitamins in high concentrations can have an effect on your INR. Even if taken periodically, the Airborne® ingredients can interact with your medication. In addition to the vitamins A, C and E, Airborne® supplement contains 7 herbal extracts; which could interact with Coumadin® (warfarin) medication. As with all dietary supplements, you should not start or stop Airborne® without first consulting with your doctor.

First Aid Tip:

Stopping Nosebleeds



Recommended Steps to Stop a Nosebleed:

1. Remain calm.
2. Sit or stand with head facing forward.
3. Gently pinch just below the bony ridge of the nose and apply steady pressure.
4. Apply pressure for 5–10 minutes.
5. If bleeding continues—apply pressure for 5 more minutes.
6. If the nosebleed has not stopped after 15 minutes, apply an ice pack to the bridge of your nose or upper lip to reduce the blood flow to the area.
7. Nosebleeds that last more than 30 minutes require medical attention.

Cooking for Coumadin®



CHOCOLATE CHEESECAKE

Makes 12 servings. Serving size is 1/12 cake. Cooking time is 40 minutes. Keeps 48 – 60 hours tightly covered. Use a 9-inch springform pan and aluminum foil.

- 10 Chocolate wafers
- 8 squares low-fat graham crackers
- 2 Tbsp Dutch process cocoa
- 2 Tbsp Splenda®
- 1 Tbsp canola oil
- 3 1/2 oz bittersweet baker's chocolate
- 2 Tbsp instant coffee granules
- 2 Tbsp water
- 8 oz non-fat cream cheese
- 8 oz reduced-fat cream cheese
- 1 cup non-fat sour cream
- 1 cup 1% cottage cheese
- 1 1/2 cups Splenda®
- 3/4 cup Dutch process cocoa
- 4 oz egg substitute
- 1/2 tsp pure vanilla extract
- 1/2 tsp salt
- 3 egg whites

Remove the sides from the springform pan and place the bottom of the pan on top of two 18" sheets of aluminum foil. Fold the edges of the foil into a cone shape so that the sides of the pan can be slipped over the top. Close the sides of the pan and then press the foil against the inside of the pan. The end result will be the foil outside the pan on the bottom and inside the pan on the sides.

Fill a large roasting pan with about 1 1/2 inches of water and place in the oven. Preheat the oven to 300°F.

While the water bath is heating, place the chocolate wafers, graham crackers, 2 Tbsp cocoa, and 2 Tbsp Splenda® in a food processor and process until fine crumbs.

Slowly drizzle in the canola oil until it is well blended into the crumbs. Place the crumb mixture in the springform pan and gently press the crumbs into the bottom of the pan.

Place the coffee granules and 2 Tbsp water in a double boiler over high heat. Add the chocolate and stir while it melts slowly.

When the chocolate sauce is smooth, remove from the heat and place in food processor bowl fitted with a steel blade. Add both cream cheeses, sour cream, cottage cheese, remaining Splenda, remaining cocoa, egg substitute, vanilla extract and salt. Process until smooth.

In a copper bowl, whisk the egg whites until they form stiff peaks. Gently fold in the batter from the food processor into the egg whites until well blended.

Pour the batter into the springform pan. Place the pan in the water bath and cook for one hour. Turn off the oven and remove the water bath. Return the cheesecake to the oven and allow it to sit for 2 hours in the oven as it cools.

Chill for at least 4 hours before serving.

Nutrition Facts	
Serving size = 1 slice (1/12 pie)	
Servings = 12	
Amount Per Serving	
Calories 216	Calories from Fat 93
%	
Total Fat 10g	
Saturated Fat 5g	
Cholesterol 16mg	
Sodium 511mg	
Total Carbohydrates 31g	
Dietary Fiber 3g	
Protein 13g	
Vitamin A 17%	
Calcium 20%	
%	
Total Fat 10g	
Saturated Fat 5g	
Cholesterol 16mg	
Sodium 511mg	
Total Carbohydrates 31g	
Dietary Fiber 3g	
Protein 13g	
Vitamin A 17%	
Calcium 20%	
Vitamin C 0%	
Iron 12%	

Recipe brought to you by Dr. Gourmet. For more information visit www.drgourmet.com

Note: Because of the lack of complete reporting on nutrition information for graham crackers the nutrition facts may not be complete.

WellLife: A guide for living on Coumadin® is brought to you by Alere Home Monitoring, the leader in anticoagulation monitoring and services. Alere Home Monitoring also sponsors PTINR.com, America's #1 online anticoagulation resource for doctors and patients.

The content presented in this publication is not intended to be a substitute for professional medical advice. No effort is made at diagnosis or treatment of any condition. Only your doctor can help you with diagnosis and treatment of medical problems. Always discuss your concerns with your physician. Do not change your diet or medication without first checking with your physician.

*Coumadin is a registered trademark of Bristol-Myers Squibb Pharma Company.

Splenda is a registered trademark of McNeil Nutritionals, LLC.

Airborne is a registered trademark of Airborne, Inc.

1 Bristol-Myers Squibb Company. (2007). Medication Guide for Coumadin Tablets and Coumadin for Injection [Package Insert]. Princeton, NJ: Bristol-Myers Squibb Company.

2 Wittkowsky, A. (2006). Prevention and treatment of nosebleeds. Retrieved May 2, 2008 from University of Washington Medical Center Anticoagulation Clinic website: <http://uwmcc.org/pdf/warfarin%20teaching/nosebleed.pdf>

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