

# WellLife

A guide for living on Coumadin®\*

VOLUME 2



## Stay Healthy During Flu Season

A new season is coming: flu season. From fall until late spring, the influenza virus affects 5 to 20% of the population. Fortunately, individuals taking Coumadin® (warfarin) are at no greater risk for contracting the flu than anyone else. However, there are a few facts about the flu and flu prevention that you should know:

- 1. Know the symptoms, but don't self-diagnose.** The flu causes high fever, chills, extreme fatigue, body aches and diarrhea. However, so do bacterial infections and the common cold. If you experience these symptoms, see your physician for a correct diagnosis.
- 2. Get an annual flu vaccination.** The vaccine may cause a short-term elevation of INR results, but you should consider getting vaccinated. If you have any concerns, you should ask your physician.
- 3. Wash hands frequently with warm, soapy water.** Even with preventive measures, you may still contract the virus. If so, follow these tips:
  - Eat well and drink plenty of fluids.
  - Take additional INR blood tests to ensure that you stay in-range (consult your physician).
  - Consult your physician prior to taking over-the-counter products (including herbal, natural and holistic remedies) to treat symptoms.

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

### IN THIS ISSUE

What Kind of Blood Testing is Right for You?

Safety at Home: Cutting Edges and Over-the-Counter Medication

Q&A: Can I drink alcohol while taking Coumadin® (warfarin)?

The Cooking Corner: Nutritious and Delicious Recipes

WellLife: A guide for living on Coumadin® is brought to you by Quality Assured Services, Inc.

**QAS**<sup>®</sup>  
The best way to test™



# Regular Blood Testing: What's right for your life *and* your lifestyle

When Coumadin® (warfarin) becomes a part of your routine, regular blood testing is the only way to determine the proper level of medication is being taken and to ensure proper dosage. Some conditions don't require frequent testing (for example: bone density or high cholesterol) but when taking anticoagulants, it's different. Studies have shown that more frequent testing will help keep you in range, more of the time.†

Fortunately, there is more than one way to achieve safe, accurate and reliable results.

Simply choose the method that fits your lifestyle and talk to your doctor. You can live safely and happily on Coumadin® for years to come.

†Lancet, 2006;367:404-11

## METHODS OF BLOOD TESTING

### Home INR Testing

- Conducted by patient or caregiver at home
- Same monitors as used in doctor's office
- Results available in fewer than 2 minutes
- Allows for more frequent testing, increasing Coumadin® safety

### Venous Draw

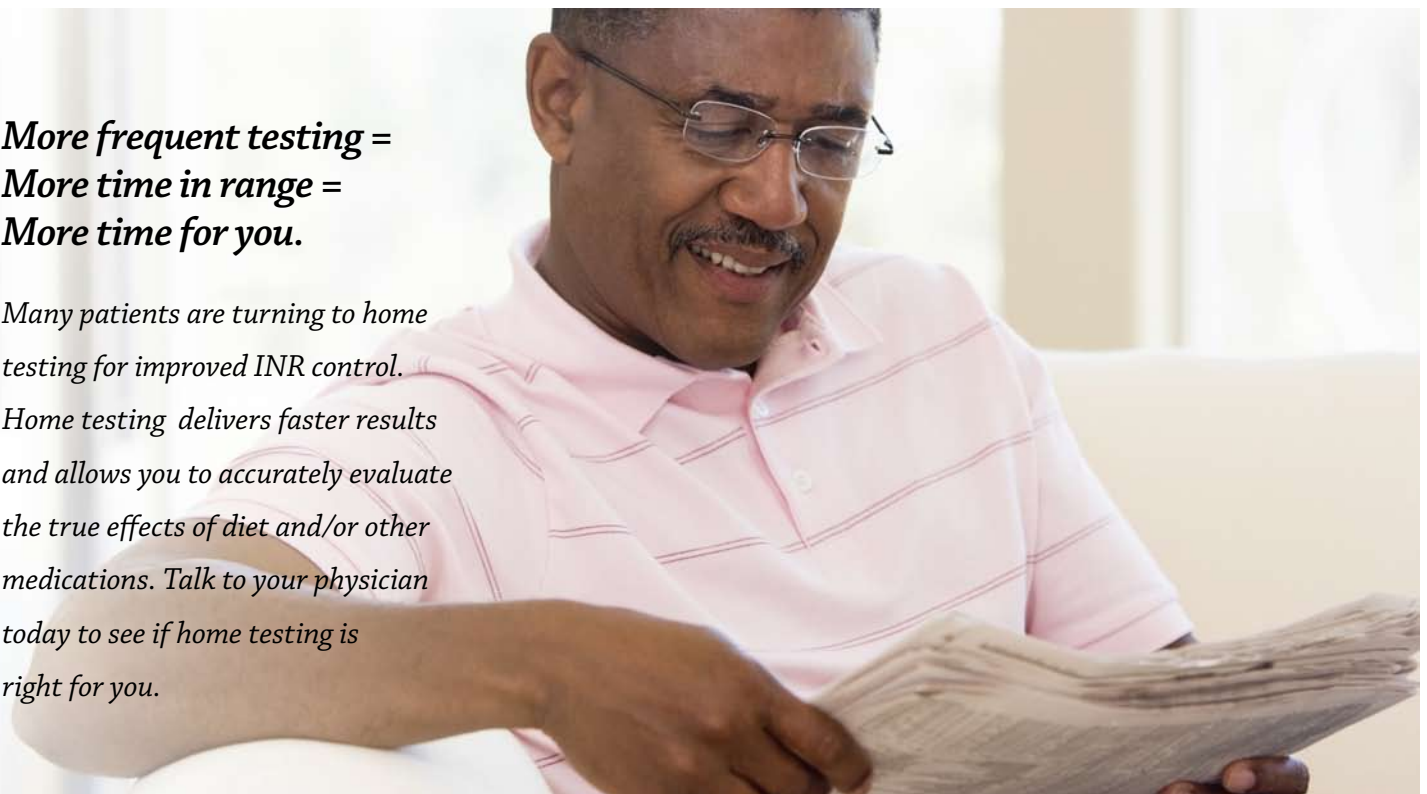
- Needle withdrawal by a professional
- Sent to outside laboratory for analysis
- Pricing and accuracy varies according to reagent used by lab
- Patients are called with test results

### Point of Care (POC)

- Sample taken by finger stick at doctor's office
- Testing monitors use most sensitive reagents possible
- Results available in fewer than 2 minutes
- Patients learn results without delay

***More frequent testing =  
More time in range =  
More time for you.***

*Many patients are turning to home testing for improved INR control. Home testing delivers faster results and allows you to accurately evaluate the true effects of diet and/or other medications. Talk to your physician today to see if home testing is right for you.*



## Q&A

### Can I drink alcohol while I'm taking Coumadin® (Warfarin)?

Excessive amounts of alcohol can influence your INR test result and bring you out of your target range. Alcohol raises INR levels for some individuals and lowers it for others. Several factors contribute to its effects, including the type of alcohol, your rate of metabolism and whether or not you are taking other medications besides Coumadin®. It is recommended you always practice controlled alcohol consumption and consult your physician to determine what level would be appropriate for you.

#### First Aid Tip:

*In the event of a cut, quickly apply a clean (preferably sterile) gauze bandage and steady pressure for 20–30 minutes.*

*If blood soaks through, apply a second bandage over the first, since removing the first bandage can cause further bleeding.*

*If bleeding continues, contact your physician or call 911.*



### Coumadin®: The benefits are worth the wait

From testing on a regular basis to waiting between doses, if you fall out of target range, proper Coumadin® management requires a bit of patience. In a world so use to instant gratification, why does this medication keep you waiting? Because with a slow-acting drug like Coumadin®, the benefits are many:



- Once-a-day dosing is easy to follow
- Changes occur very slowly
- Changes in dosing are small
- Medication costs are kept low
- Time in range is prolonged

When it comes to your Coumadin® treatment, remember that taking your time is the only way to truly take advantage of the long term benefits.

## S A F E T Y   A T   H O M E

### Watch Out for: Cutting Edges

Since individuals on Coumadin® are prone to prolonged bleeding from cuts or scrapes, it's wise to stay aware of sharp hazards in your home, especially in the kitchen. Besides obvious dangers like knives and forks, the jagged metal edges on your plastic wrap, aluminum foil or wax paper pose just as much of a threat. Try these strategies to keep your finger tips cut-free.

- Keep your frequently used drawers organized
- Keep cutting edges face down—label boxes "THIS SIDE UP" for easy reference
- Keep in mind that visitors may return boxes to the wrong position

### Watch Out for: Over-the-Counter Medications

Many people mistakenly consider over-the-counter medications completely safe to use when taking Coumadin® (warfarin). In fact, drug interactions are quite common, and can result in an increase or decrease in INR levels. Interactions are most often found with these over the counter medicines:

- Aspirin
- Cough and Cold Medications
- Pain Relievers
- Sports Creams
- Herbal Products
- Vitamins
- Weight Loss Products

Ask your doctor for a list of approved medications for colds, fever, allergies, cough, arthritis and pain relief.

Looking for more information about Coumadin® (warfarin) safety?  
[www.PTINR.com/WellLife](http://www.PTINR.com/WellLife)

# Cooking for Coumadin®



## Chicken Parmesan

Makes 2 servings. Serving size is 4 ounces of chicken. This recipe can be multiplied and makes great leftovers, especially for sandwiches.

Serve with 2 ounces of pasta and 2 tablespoons of pasta sauce (per serving). Serve with parmesan squash, pan-grilled broccoli, or pan-grilled asparagus.

- 1 slice whole wheat or gluten-free bread
- 1/2 tsp dried oregano
- 1/2 tsp dried basil
- 1/4 tsp dried tarragon
- 1/4 tsp dried marjoram
- fresh ground black pepper (to taste)
- 1 large egg white
- spray oil
- 2 4 oz boneless skinless chicken breasts
- 1 oz grated parmigiano-reggiano
- 6 Tbsp tomato sauce
- 2 oz shredded low-moisture mozzarella



Place the bread in the oven and turn the oven on, setting the temperature to 300°F. When the oven reaches 300°, turn it off and let the bread sit for about 10 minutes.

Remove the bread and turn the oven back on to preheat to 375°F. Place a medium skillet in the oven while the oven is heating up.

Crumble the bread and place it in a mini chopper or blender with the oregano, basil, tarragon, marjoram and pepper. Process until the toast becomes coarse bread crumbs.

Whisk the egg white until frothy. Dip the chicken breasts in the egg white to coat well and then the seasoned bread crumbs. Coat the chicken well, patting the bread crumbs in place.

Spray the preheated skillet lightly with oil. Place the breaded chicken breasts in the pan. Return the pan to the oven and cook for 12 minutes. Turn the chicken breasts over and top with the grated parmesan (half over each chicken breast).

Cook for 2 minutes more, then top each chicken breast with 3 tablespoons of tomato sauce. Place 1 ounce of the mozzarella cheese on top of each chicken breast and return the pan to the oven for about 2 - 3 minutes until the cheese is just melted. Serve.

### Nutrition Facts

Serving size = 4 oz chicken  
Servings = 2

#### Amount Per Serving

Calories 337	Calories from Fat 104
% Daily Value	
<b>Total Fat</b> 12g	18%
Saturated Fat 6g	32%
<b>Cholesterol</b> 90mg	30%
<b>Sodium</b> 679mg	28%
<b>Total Carbohydrates</b> 13g	4%
Dietary Fiber 5g	8%
Sugars 42g	
<b>Protein</b> 22g	
Vitamin A 9%	Vitamin C 3%
Calcium 41%	Iron 10%
Vitamin K 6mcg	Potassium 523mg
Magnesium 60mg	

Recipe brought to you by Dr. Gourmet. For more information visit [www.drgourmet.com](http://www.drgourmet.com)

## Ask your doctor about Home INR Testing.

*In three easy steps, you can be on the way to monitoring your INR levels in the comfort of your own home.*

**Step 1:** Ask your doctor or call 1-800-504-4394 to find out if you are a candidate for home testing.

**Step 2:** Quality Assured Services, Inc. (QAS) will contact your insurance provider, and call you directly to give you the details on your coverage for Home INR Testing.

**Step 3:** Attend a Home INR Training Session. You will be invited to a training session to learn how to use your Home INR Monitor. At training, you will also receive helpful tips on how to live a healthy lifestyle while taking Coumadin®.

*WellLife: A guide for living on Coumadin®* is brought to you by Quality Assured Services, Inc. (QAS), the leader in anticoagulation monitoring and services. QAS also sponsors the PTINR.com, America's #1 online anticoagulation resource for doctors and patients.

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