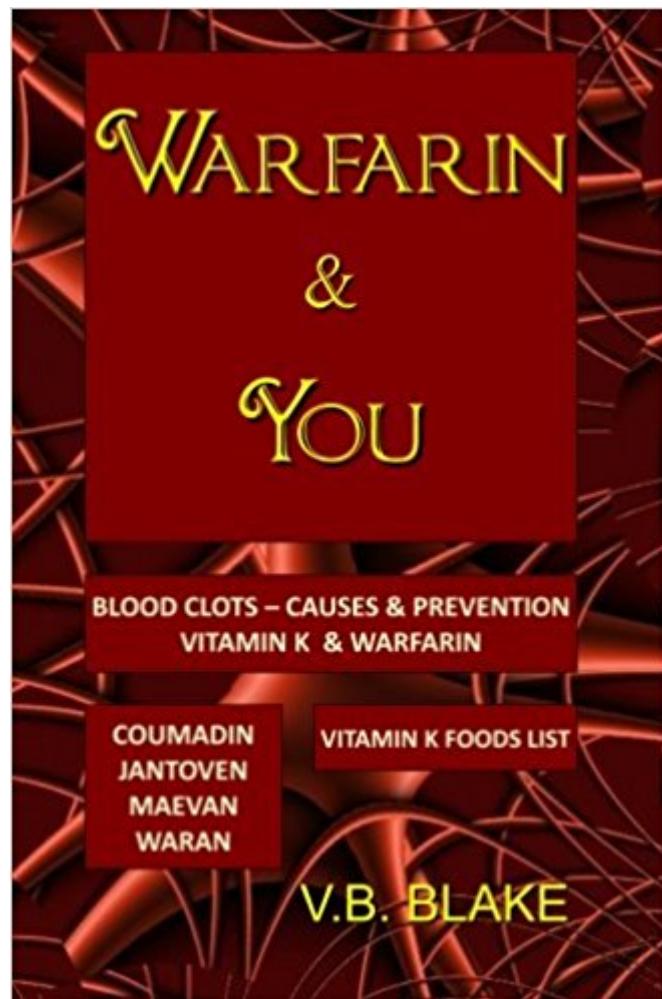


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# Warfarin & You



## **Synopsis**

Warfarin, also known as Coumadin, is the most widely prescribed anticoagulant drug in North America but despite its effectiveness treatment with Warfarin has several shortcomings. Many commonly used medications interact with Warfarin, as do some foods, which may enhance or reduce its anticoagulation effect. This book explains how Warfarin works, giving readers an understanding in how food and medications alter its effects, and also provides information on how to enjoy a normal, healthy diet while using the drug, manage unusual situations, travel with Warfarin and much more. Includes Vitamin K food list.

## **Book Information**

Paperback: 88 pages

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Average Customer Review: 4.3 out of 5 stars 55 customer reviews

Best Sellers Rank: #333,479 in Books (See Top 100 in Books) #115 in Books > Medical Books > Medicine > Reference > Drug Guides #189 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Food Counters #189 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Heart Disease

## **Customer Reviews**

Val has been involved in the publishing industry for nearly 20 years, authoring, editing, and publishing a variety of adult fiction, juvenile fiction, health and wellness books, cookbooks, craft magazines, and non-fiction titles. She keeps busy editing three juvenile fictional novels to be released in the near future, maintaining a variety of topical websites and blogs, dyeing silks, painting, watching the sea gulls soar on the wind or taking walks with her terrier, Scottie.

On cursory exam, two errors were noted.1 page 6 : " Veins carry blood to the organs and arteries carry blood from the organs." Author has this backward. Who was the editor?2 page 13: "Deep vein thrombosis is an inflammation of a superficial vein." If it is deep vein it is not superficial! I am returning this book.

....in this book because the information in the book was something I could find online and get more info than was written in the book. Online has more definitive lists of foods and the info is well explained on many very good sites online.I was hoping this book would have been more direct with the info and the list of foods better explained and more foods...It was a waste of my money.

On the whole I learnt a lot quickly from this book at a time when it was very important to get the information I would need to take care of my wife who has been placed on warfarin (coumadin) therapy. I do our cooking as she no longer can, and following an accident she acquired a few blood clots for which this therapy was deemed necessary. There are far too many myths about warfarin and vitamin K, which acts against it. Our diet was heavily weighted in favour of the green leafy vegetables that are high in vitamin K, and it wasn't clear if I was going to have to make significant changes to all of my cooking. The book indicated that this would not be essential, as dosages can be adjusted to compensate for various conditions, including the presence of consistent uses of vitamin-K rich foods. The warfarin clinician has verified this and now, after only a month, we have managed to stabilise the INR readings and the dosage. This book covers the reasons for needing the medication as well as various causes of that need. It also has numerous suggestions for symptoms to be aware of and what to do when/if they arise. The book tends, however, to be terribly repetitive -- possibly a good point for readers who may skim the text. However, the repetitiveness also leads one to want to skim the text, making it possible to miss an important, but embedded, point. That is the only reason I give this a 4 rather than 5-star review.

This booklet is almost a waste of time. All the information is gathered by a professional writer who doesn't seem to have a clear idea of what Coumadin is. There is nothing here that you can't find easily doing an internet search. You're basically paying for someone to collate superficial Coumadin information available on the internet.

This is Best Book I have seen in a Long while,, Finally I understand about Stroke, What Causes, What you should look for, Very informative.

The info seems a bit outdated, but worthwhile nonetheless. Check for newer iPhone apps for similar information in app format with a daily Vitamin K tracker based upon you keeping a daily electronic diary of your meals & snacks (including some popular fast food!) for \$2.99

Publisher might want to proof read the next edition for spelling errors and some information that seemed to contradict itself. Overall it was informative for someone that isn't very familiar with medical terminology and the medical field.

:)

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