

SPECIAL POINTS OF INTEREST:

- **Blood Thinner**
- **Tips**
- **Black Bean Burgers**
- **Did you Know?**

INSIDE THIS ISSUE:

- Front Story 1
- Tip of the Month 1
- Recipe 2
- Quote of the Month 2
- Did you know? 2
- Front Story 3 cont.....

Why do I need another Blood Thinner ?

I already take an Aspirin



Why do I need another blood thinner? This is a commonly asked question in medical offices across the country. Many individuals are under the assumption that aspirin is enough blood thinner to prevent the bad stuff such as strokes and heart attacks.

Sometimes it may be, however, there are many times in which stronger blood thinners need to be taken along with aspirin or in place of aspirin. Lets take a look at some of the instances in which another blood thinner would be recommended.

Heart Attack:

In individuals who have a heart attack, additional blood thinner such as Plavix (Clopidogrel), Brilinta (Ticagrelor), or Effient (Prasugrel) should be given for

a minimum of a year if possible, along with the aspirin. It is reasonable to lower the aspirin dose to 81mg daily in this situation. Depending on the type of heart attack, one of these antiplatelet drugs may be chosen over the other one. These medications help platelets (some of the blood's clotting factors) not stick together and form a blood clot in the arteries of the heart.

Stent Placement: When an artery has a significant blockage

in it, especially if it is causing a problem such as a heart attack or other symptoms, sometimes a stent will be put into the artery to open it up. The problem is the stent is a foreign body and while it is there to open up blood flow, the body may reject it so to speak and form a blood clot in the stent. This will also cause a heart attack. To prevent this or decrease the likelihood of this happening, an antiplatelet drug such as Plavix, Brilinta, or Effient is given in addition to aspirin. For a drug eluting stent, the recommendation is to stay on one of these blood thinners for 6-12 months depending on the scenario. If there is a bare metal stent, the recommendation for blood thinner may be shorter but should be given for a minimum of 1 months. It is usually kept on longer if there is not a reason to stop it. (3, 5)).

Tip of the Month

Tips to reduce bleeding risk while on a blood thinner:

1. Avoid Garlic and other herbs as they may interact with the blood thinner. Garlic is a natural blood thinner and may increase the risk of bleeding when a blood thinner is already being given.
2. Avoid NSAIDS if possible. NSAIDS are anti-inflammatory drugs such as Ibuprofen, Aleve, Celebrex, to name a few. They can increase the risk of bleeding and cause stomach irritation and ulcers.
3. Avoid or limit. Alcohol. Alcohol can interfere with the body's ability to function and can increase the risk of a fall. It can also affect the level of Coumadin or Warfarin .
4. Change positions slowly to avoid tripping or falling. (2).



Black Bean Burgers



Recipe from the book
Breaking the Salt Habit by
Erik Williams. (1).

Ingredients:

1. 2-16 oz. cans of Black Beans
2. 1/4 cup Onion, minced
3. 1/4 cup Red Bell Pepper, minced
4. 3 Garlic Cloves, minced
5. 2 Large Eggs
6. 1 tsp. Cumin
7. 1 tsp. Chili powder
8. 2 tsp. Tabasco Sauce
9. 1 cup Plain Panko Bread Crumbs
10. 5 Hamburger Buns

Directions:

1. Drain and rinse beans. Mash with fork in a large bowl.
2. Add remaining ingredients except buns and form into five equal patties.
3. Grill for about 8-10 minutes per side or bake on 375 F for 15-20 minutes.
4. Serve with avocado, tomato, and lettuce.

For less carbohydrates and less sodium, you could skip the bun and eat with a salad. Be sure to look for the lowest sodium buns and beans when you buy them.

Health Information

Serving size: 1 burger and bun
Servings 5
Calories 398
Total fat 4g
Saturated fat 1g
Cholesterol 85mg
Sodium 406mg
Total fiber 9g
Protein 21g
Carbohydrates 69g
Potassium 102mg
Sugar 6g

Quote of the Month: “When you want to succeed as bad as you want to breathe, then you’ll be successful.” Eric Thomas

Did you Know?



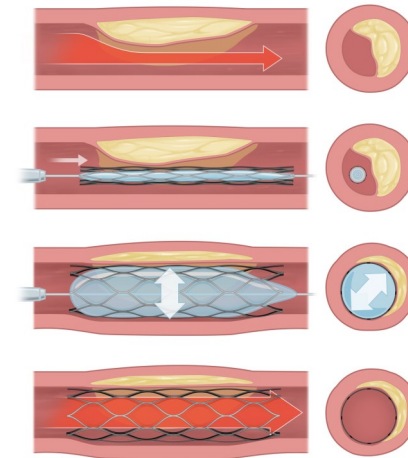
Did you know that there was a recall on some supplies of the drug Valsartan (Diovan)? Valsartan is used to treat high blood pressure and is also used in the treatment of congestive heart failure. The recall is due to an impurity that was found in some of the Valsartan supply but not all. The impurity is called NMDA. It is classified as a possible cancer causing agent. It does not appear that Valsartan itself increases cancer risk only this impurity which is normally not present. Changes in the way the drug was manufactured by certain companies may have been the culprit and the FDA is working with the companies to prevent this from happening in the future.

The FDA has recommend keeping up with this situation by visiting this website <https://www.fda.gov/Drugs/DrugSafety/ucm613916.htm>

A list of companies affected by the recall are listed here. More companies were added in the last few days. If there is no company listed on the medication bottle then call the pharmacy where it was filled. It is important to not stop this medication until a substitution has been prescribed. Again, all forms of Valsartan have not been affected. Further information can be found on the FDA website at <https://www.fda.gov/Drugs/DrugSafety/DrugRecalls/default.htm>. (7).

Atrial Fibrillation: Atrial Fibrillation is an abnormal heart rhythm

In which the top chambers of the heart are going really fast. When this happens, the top chambers of the heart do not pump effectively and a blood clot can form. That blood clot can leave the heart and go to the brain and cause a stroke. This is one of the worst things that can happen with atrial fibrillation. Aspirin and other antiplatelet may not be enough so prevent this blood clot from forming in some individuals. As people age and also develop other risk factors including arterial disease, high blood pressure, heart failure, diabetes, their risk for a stroke goes up. Women also have a higher risk of stroke. So many times a stronger blood thinner is recommended. The blood thinners that are used to help prevent strokes with atrial fibrillation include Coumadin (Warfarin), Pradaxa (Dabigatran), Xarelto (Rivaroxaban), Eliquis (Apixaban) and Savaysa (Edoxaban). If a person has had a heart attack before or has blockages in the arteries, an aspirin may be used in addition to these other blood thinners.



Blood Clot: When a blood clot develops in a major vein in the arms or legs (DVT) or in the lungs (Pulmonary Embolism) a blood thinner is recommended for treatment and prevention of further blood clots. The only oral blood thinners that are used in this situation are Coumadin (Warfarin), Pradaxa (Dabigatran), Xarelto (Rivaroxaban), Eliquis (Apixaban), and Savaysa (Edoxaban). Depending on the reason for developing the blood clot and the location of the blood clot, a blood thinner may be needed for a minimum of 3 months. Sometimes a blood thinner is recommended for a longer time period or even lifelong in some instances.

To sum up, there are many different kinds of blood thinners. Each has their own place in treating different problems and they are not all interchangeable. While more than one blood thinner is not always ideal, sometimes it is necessary. (4, 6).