



# **Coumadin: An easy to follow guide from a patient's perspective**

*Cath Atkin*

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# Coumadin: An easy to follow guide from a patient's perspective

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## **Coumadin: An easy to follow guide from a patient's perspective** Cath Atkin

The ideal reference for anyone wanting a straightforward guide to the basics facts about the drug Coumadin (also known generically as warfarin). Simple explanations talk you through how Coumadin works and what you can expect if you have been prescribed this medication. This easy to understand guide has been written from a patient's viewpoint and combines just the right level of information with an interesting insight into the author's own journey. Cath brings the facts to life by telling the story of the circumstances which led to her being prescribed Coumadin and what being on this medication has meant for her. Presented in easy to understand language you will find explanations of why Coumadin is prescribed, how Coumadin works, the clotting mechanism, what to expect of Coumadin therapy, side effects, monitoring of treatment and INR testing. Other topics covered include Coumadin interactions, foods and herbs to avoid when taking Coumadin, the effect of Vitamin K and protein on Coumadin, tobacco and alcohol use while taking Coumadin and alternatives to Coumadin. Also included are a number of useful tables to assist you in comparing Vitamin K and protein values of different foods to help you keep your INR within the Therapeutic Range. Please note:- Warfarin by Cath Atkin has been written for the UK market, and other countries where this drug is not known as Coumadin, and contains only minor differences to Coumadin by Cath Atkin.

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