

Support Group

Join our support group for information and help in coping with the effects of a stroke.

Next Meeting
Tuesday, Nov. 11

Speaker:

Gene McDowell,
PT, MHS, DPT

Topic:

Know Your Numbers

When:

11:30 a.m. to 12:30 p.m

Where:

**Medical Plaza South
Conference Room 1**
(across from the Community Pharmacy)

If you can't make it in person next month, join the Stroke Support Group by listening on your phone or by downloading the Zoom Meeting app onto your phone or computer. <https://www.zoom.us/download>

Join Zoom meeting

[https://RNHN.zoom.us/j/92721301514?](https://RNHN.zoom.us/j/92721301514?pwd=suBS9p9eZjrgy2MP9yCxxMn4tzqiaa.1)
[pwd=suBS9p9eZjrgy2MP9yCxxMn4tzqiaa.1](https://RNHN.zoom.us/j/92721301514?pwd=suBS9p9eZjrgy2MP9yCxxMn4tzqiaa.1)

Meeting ID: 927 2130 1514
Passcode: 244660

Recap of September meeting

Anticoagulation Medication

Our speakers were Tracy Liming, RN, and Emily Murry, RN, from Regional West's Anticoagulation Clinic. The clinic provides monitoring and advisory services for people taking oral anticoagulation medications to treat and prevent blood clots.

People frequently state that they are on "blood thinners" when taking medications such as warfarin (Coumadin, Jantoven). However, the medication does not actually "thin" your blood; it works in the liver to decrease the production of natural clotting factors. The medication prolongs the time it takes to form a blood clot. While forming blood clots are vital to our health to stop bleeding, clots can also be harmful, causing serious health concerns such as stroke, pulmonary embolism, and deep vein thrombosis. Blood clots may form in veins, arteries, chambers of the heart, or heart valves.

Your body's response to warfarin is monitored by a blood test called the International Normalizing Ratio (INR), a test measuring how long it takes your blood to clot. A person who is not on warfarin usually has an INR of 1.0. But when prescribed warfarin, the therapeutic INR range is usually between 2.0 and 3.0. Generally, if your INR is below your target range (less than 2.0), you have a greater risk of forming clots. If your INR is above your target range (greater than 3.0), you are at greater risk of having bleeding problems.

It is important to know that some prescription drugs, herbal products, dietary supplements, alcohol, recreational drugs, and foods can all affect how your anticoagulation medication works. Even a change in your exercise level or an acute illness can affect your INR levels. Routine testing is essential in maintaining your health.

Each appointment at the Anticoagulation Clinic includes:

- A review of your medical history, current medications, and any health changes
- A quick and accurate point-of-care finger-stick blood test to check your INR levels
- A review of your test results and medication dosage adjustment, if needed
- Refilling your anticoagulation medication
- Patient education
- Scheduling your next appointment

If you have questions, call the Anticoagulation Clinic at 308-630-3722.

Questions? Contact Gene McDowell at 308-630-1440 or Gene.Mcdowell@rwhs.org.