



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

*Cath Atkin*

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

The ideal reference for anyone wanting a straightforward guide to the basic facts about the drug Warfarin. Simple explanations talk you through how Warfarin 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 Warfarin and what being on this medication has meant for her. Presented in easy to understand language you will find explanations of why Warfarin is prescribed, how Warfarin works, the clotting mechanism, what to expect of Warfarin therapy, side effects, monitoring of treatment and INR testing. Other topics covered include warfarin interactions, foods and herbs to avoid when taking Warfarin, the effect of Vitamin K and protein on Warfarin, tobacco and alcohol use while taking Warfarin and alternatives to Warfarin. 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.

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