

DIAMOND ANNIVERSARY

Imagine everyone's amazement...

It was a routine cardiology appointment, but was it?

Tom Skavery had other ideas.

Ten years ago, Jayne Skavery underwent heart valve replacement surgery at the Hershey Medical Center.

Jayne was delightfully surprised by her husband, Tom, as he commemorated this ten year heart valve anniversary with a beautiful heart-shaped diamond ring at her cardiology appointment.

Shown below are Dr. Walter Pae, Jayne's cardiothoracic surgeon, and Jayne.



FREE... BRACELETS...FREE!

Please stop by 30 Hope Dr, Suite 1003 in Hershey, or 121 E Nyes Rd, Suite E in Harrisburg to receive a free bracelet indicating you are taking an anticoagulant.

If you cannot afford a Medical Alert bracelet, this is a great alternative.

It is imperative to have notification on your person that you are taking an anticoagulant such as Coumadin[®] or Warfarin.

Wearing such a bracelet might save your life!

If you were injured, unresponsive, and bleeding, the EMT professionals would see that you are wearing such a bracelet. Their treatment will change knowing that you are taking taking an anticoagulant or blood thinner.

ARE YOU UP TO DATE WITH YOUR VACCINES?

Vaccines play an important role in preventing diseases. Every year, about 45,000 adults die from diseases that could be prevented by vaccines. Getting vaccinated can stop not only you from getting sick but those around you as well, by preventing the spread of disease-causing germs.

The most common vaccines you would likely need are the flu, tetanus, shingles, and/or pneumonia vaccines. Everyone 6 months and older should get a flu shot every year. Everyone should also get a tetanus shot every 10 years as well as a one-time Tdap vaccine, which also protects against the whooping cough, in place of a regular tetanus shot. You can get this Tdap vaccine anytime, even if your last tetanus shot was less than 10 years ago. All adults 60 and older should get a one-time shingles vaccine, even if you have had shingles or chicken pox in the past. Finally, everyone 65 and older should get one of each of the pneumonia vaccines: the pneumonia 13 (Prevnar[®]) and pneumonia 23 (Pneumovax[®]) vaccines. This is a recent change to vaccine recommendations. If you are 65 or older and have gotten only one pneumonia shot since turning 65, you may need another one to catch up with these new recommendations.

Having some health conditions may mean you need more vaccines. Diabetics should receive 3 hepatitis B shots and a pneumonia vaccine before age 65. People with heart disease, long-term lung disease, chronic alcohol users (daily imbibers), and smokers should receive a pneumonia vaccine before age 65. People with kidney failure or on dialysis should receive 3 hepatitis B shots as well as both of the pneumonia vaccines before age 65.

You should let the doctor or pharmacist giving you a vaccine know about your medical conditions, medications being taken, medication or food allergies, your vaccine history, and if you have ever had a bad reaction to a vaccine.

If you have any questions about vaccines, ask your pharmacist for more information. You can also visit www.cdc.gov/vaccines/ for further reading.

Get vaccinated and protect yourself and your loved ones – vaccines save lives!

VACCINES	
Flu	<ul style="list-style-type: none">• Every year
Tetanus	<ul style="list-style-type: none">• Every 10 years
Tdap	<ul style="list-style-type: none">• In place of a tetanus shot once, anytime
Shingles	<ul style="list-style-type: none">• Everyone 60 and older
Pneumonia	<ul style="list-style-type: none">• Everyone 65 and older• People younger than 65 who have diabetes, heart disease, long-term lung disease or alcohol use, smokers, kidney failure, or on dialysis
Hepatitis B	<ul style="list-style-type: none">• People with diabetes, kidney failure, or on dialysis

TOPICAL MEDICATIONS THAT EFFECT INR

There are many medications that can interact with warfarin and affect the INR. Usually when we think of medications affecting the INR, we think of oral medications; however, topical medications that you apply to the surface of the skin can also affect the INR. The majority of medications that are used topically are to treat infections and help alleviate pain. Even though the medication is only applied to the skin, the medication can be absorbed through the skin and into the bloodstream, which can increase the INR, and increase chances of bleeding.

Topical medications that affect the INR can be given as a prescription from the doctor or taken over-the-counter (OTC). Looking at the active ingredients listed on the package can help determine if the medication will affect the INR. Not all topical medications will affect the INR, so it is important to look at each medication carefully and be aware of the medications and ingredients that can have these effects. Always review OTC medications and questions with us at the Anticoagulation Clinic. Below is a list of common topical medications that may affect the INR.

It is very important to inform one of our pharmacists at the Anticoagulation Clinic if you are taking any topical medications either prescribed by a doctor or taken over-the-counter (OTC). If you are unsure if a topical medication could interact with your warfarin, please call and ask one of our pharmacists.

Topical Drug/Ingredient(s)	Product Examples	Potential INR Effect	Prescription or OTC
Azole antifungals	Miconazole, Ketoconazole	Increase	Both
Antibiotics	Metronidazole, Clindamycin	Possible Increase	Prescription
Salicylates (ingredient related to aspirin)	Aspercreme [®] , Bengay [®] , Salonpas [®] , Flexall [®]	Increase	OTC
NSAIDs	Voltaren Gel [®] , Emugel [®]	Increase	Prescription
Menthol, Camphor, Wintergreen	Icy Hot [®] , Biofreeze [®] , Mineral Ice [®] , Tiger Balm	Increase	OTC

IMPORTANT REMINDERS

In order to help us provide the best care possible to you, please:

1. Request new warfarin (Coumadin) prescriptions or refills from our office and not another physician's office. We are most up to date with the warfarin strength and dose you are taking and can avoid errors by calling the correct tablet strength to your pharmacy. Whenever possible please give us at least 48 hours advance notice with prescription requests.
2. Continue your prescribed warfarin (Coumadin) dose after a blood test (PT/INR) until you are contacted by our office. You should receive a call the same day (by 6pm) or by the end of the NEXT business day (by 6pm). If you do not receive a call by the end of the NEXT business day, please call us since we likely did not receive your INR result. Our office will then contact your laboratory directly for your INR result.
3. Contact our office if you are seen at an emergency room or admitted to a hospital other than the Penn State Hershey Medical Center. This helps us manage your warfarin (Coumadin) appropriately while taking your recovery and changes to medications and diet into account. Our office receives daily notice of emergency room visits and admissions to the Penn State Hershey Medical Center and we will contact you after your discharge.
4. Contact our office with any new medications, supplements, or changes to your medications. Many medications and supplements affect how warfarin (Coumadin) works. We also update your medication list with these changes. Please call our office if your diet changes. Whether you are eating differently due to a planned diet or unexpected illness, your INR may be affected.
5. Contact our office at 717-531-5312 and select option 1 if you would like to schedule a fingerstick/ Point of Care appointment at either our 30 Hope Drive-Hershey or Nyes Road-Harrisburg location. We can schedule an appointment for a time that works for you. We'd be happy to meet you!

THANK YOU for helping us to help you!

TIPS TO STAY WARM THIS WINTER

- Layer your clothing. It is easier to start from within than to heat up a room. It is more eco-friendly too.
- Warm air rises. Run your ceiling fan on the lowest setting in a clockwise direction to push the warm air back down to where you can feel it.
- Keep heat in and cold out by blocking your outside doorways with a draft stopper.
- Schedule your thermostat for when you are there. Why heat rooms that are not in use? You can even program thermostats with your smartphone.
- Use heavier drapes in the winter to block drafts from your windows.
- Using your oven heats up the whole house. So, go ahead and bake away, just don't eat all of those cookies!
- When going to bed, put the fluffy blankets closer to your skin. The thin dense blankets belong on top to prevent heat loss. Also, do not put your bed directly against an exterior wall. Leaving a little space provides warmth.
- Wear a hat. You will lose heat from any surface that is exposed. Cover that noggin!



Sarah Buatti and Frank Herrmann, RPh (wearing an alpaca hat)

BAKED POTATO CHICKEN SOUP

6 servings (6mcg of Vitamin K per serving)

2 lbs	Baking potatoes, cooked and cooled
½ cup	Ham, diced (Prosciutto would work well)
2 tbsp	Olive oil
½ cup	Onion, chopped
4 cups	Chicken broth
1 ½ cups	Chicken, cooked (skin and bones removed)
¼ tsp	Ground black pepper, to taste
2 tbsp	Yogurt, plain, lowfat
1 tbsp	Chives, fresh, snipped

Cut the potatoes into quarters lengthwise, do not remove the skins. Cut each quarter into ¼ inch thick slices and set the potatoes aside.

Sauté the ham in the oil in a deep saucepan over medium heat until crisp and slightly browned. Remove the ham with a slotted spoon and drain on paper towels. Pour off all but 1 tablespoon of the hot oil.

Add the onion to the saucepan and sauté until translucent. Add the stock and bring to boiling. Add the potatoes and the chicken.

Simmer the soup for 5 minutes, stirring once or twice, to heat the chicken and the potatoes. Season the soup with pepper. Garnish the soup with the ham, yogurt and chives.

NUTRITION PER SERVING:

Calories	281
Fat	9.4 g
Cholesterol	38
Sodium	1164 mg
Protein	17.6
Carbohydrates	33 gm
Fiber	3 gm



WARFARIN INFORMATION NEWSLETTER (W.I.N.)

WINTER/SPRING 2016

Cancer Institute Retail Pharmacy 717-531-1272

Hours:

9:00 a.m. - 9:00 p.m. (Monday - Friday)

9:00 a.m. - 5:30 p.m. (Sat/Sun/Holidays)

UPC Retail Pharmacy 717-531-8094

Hours:

8:00 a.m. - 5:30 p.m. (Monday -
Wednesday)

8:00 a.m. - 6:00 p.m. (Thursday - Friday)

8:30 a.m. - noon (Saturday)

Closed Sundays and Holidays

You can obtain a ninety-day supply of
BRAND NAME COUMADIN at either of
our pharmacies for only \$10.



CALL ANTICOAGULATION CLINIC any
time at 717-531-5312 or toll-free at
1-800-243-1455, ext. 5312

Email us any time:

anticoagulationclinic@hmc.psu.edu

EDITOR'S NOTE: Let us know of any
topics of interest for our next edition.

The Penn State Hershey Anticoagulation Clinic is
available for fingerstick appointments Monday
through Friday.

A simple fingerstick will give INR results right away!



Shown above is Natalie Treese, PharmD, taking a
fingerstick blood sample at the Nyes Rd office.

NYES ROAD HOURS FOR POINT OF CARE (Fingersticks)

First appointment: 8:00 a.m.

Last appointment: 3:00 p.m.

HOPE DRIVE HOURS FOR POINT OF CARE (Fingersticks)

First appointment: 7:45 a.m.

Last appointment: 4:45 p.m.

Please call us if interested.

Call us any time: 717-531-5312,
Toll-free: 800-243-1455, ext. 5312





EXAMPLES of ITEMS ACCEPTED and APPRECIATED

- Body Wash (regular & travel size)
- Toothbrushes (individually packaged)
- Tooth paste (all sizes)
- Deodorant
- White Socks
- Shampoo (regular and travel size)
- Powder
- Combs/Brushes
- Alcohol Free Mouthwash
- Puzzle Books – Large and small print (Crossword, Word Search, Sudoku)
- Hand/body lotion (all sizes)

HELP FOR VETERANS

During the winter months, our clinics will be collecting personal comfort items to donate to the Veterans of our country. The Voluntary Services of the Lebanon VA Medical Center gladly accepts these comfort items.

Please look for the collection bins located in both of our clinics.

If you are at one of these locations, please consider donating a small item for our collection. Your kind donation may brighten up a Veteran's day.



ONE PATIENT AT A TIME

CONTACT US:

717-531-5312

(OR 1-800-243-1455 EXT. 5312)

Monday through Friday: 9:00 a.m. - 5:00 p.m.

In case of emergency, please call 911.

HOW ARE WE DOING?

Please send your comments to Lisa Barletta, MBA, RPh
(lbarletta@psu.edu), Director of Pharmacy, Outpatient Services

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