

MEET OUR NEWEST PHARMACIST...

WELCOME TO THE TEAM

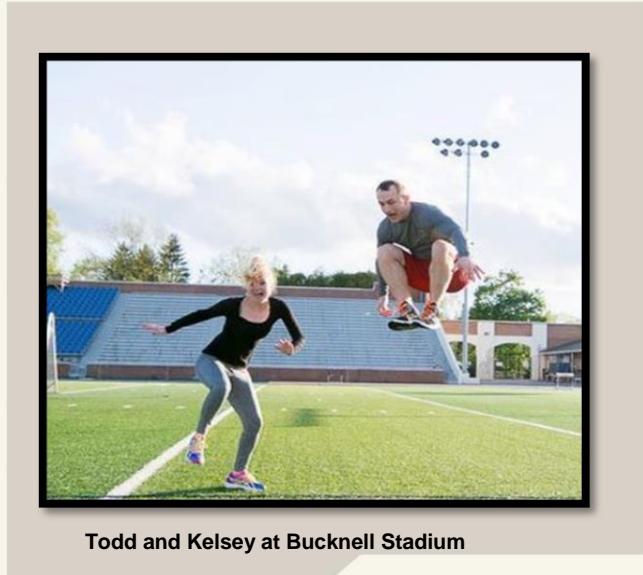


Please welcome Todd Grove, Pharm.D., our newest pharmacist, to the Anticoagulation Clinic (ACC).

Todd obtained his Doctor of Pharmacy degree (Pharm.D.) from Wilkes University. In October 2018, he became our newest full-time member of the ACC staff. You may have already talked to Todd over the phone or met him in person since he has been working with us part-time since 2016. Before coming to the ACC full time, Todd worked in the Cancer Institute Retail Pharmacy in the main hospital.

Todd's favorite part about the pharmacy profession is teaching patients new information about their medications.

Outside of pharmacy, Todd spends his time reading and learning about new things, working outside in his yard, and going to the gym. Todd currently lives in Lititz with his wife Kelsey and their three cats.



Todd and Kelsey at Bucknell Stadium

FEBRUARY IS HEART MONTH

There's no better way to celebrate the month of Valentine's Day, than to remember to take care of your heart!

Tips for Heart Health:

Use spices for seasoning food rather than salt.

Good dental hygiene keeps your heart healthy. Studies show that bacteria in the mouth can move into the bloodstream. Keep flossing and brushing!

Get moving! Staying stationary for long periods of time can wreak havoc on your heart! Short walks throughout the day are great for your heart.

WARFARIN INFORMATION NEWSLETTER (W.I.N.)

WINTER 2019

ACC NYES ROAD STAFF HONORED

Congratulations to our Anticoagulation Clinic Staff at Nyes Road! The staff received a Peak Performer Patient Satisfaction award at the recent Penn State Health Inspired Together Fall program, recognizing their hard work in fiscal year 2017- 2018.

The Peak Performer award recognizes those clinics that scored above the patient satisfaction organizational CAHPS® Clinician & Group Survey target. The CG-CAHPS® assesses patients' experiences with health care providers and staff in doctors' offices. Survey results can be used to:

- Improve care provided by individual providers, sites of care, medical groups, or provider networks
- Equip consumers with information they can use to choose physicians and other health care providers, physician practices, or medical groups

ACC Nyes Road is one of three clinics to receive this award in the Penn State Health organization. Way to go Anticoagulation Clinic Staff at Nyes Road! Thank YOU, our patients, for the positive feedback!

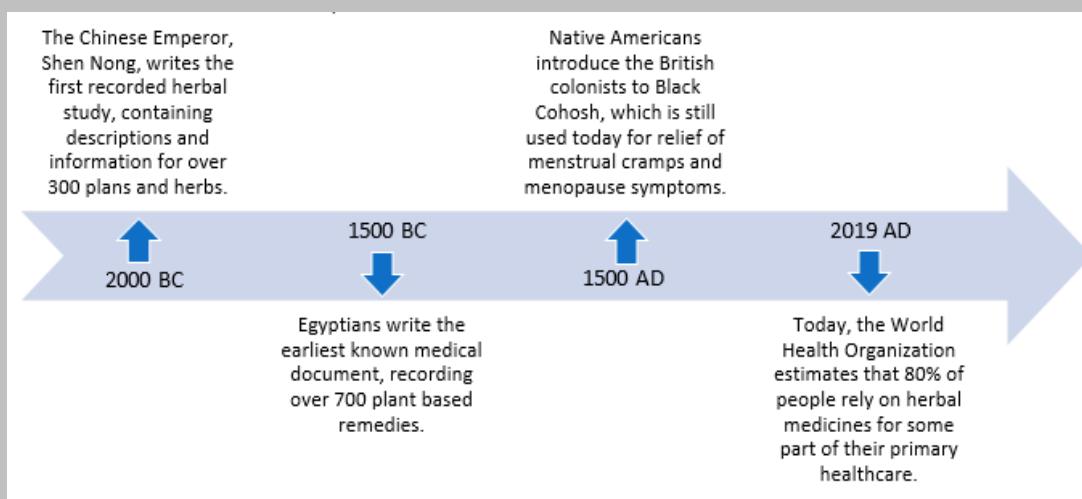
Accepting this award was Gretchen Richardson, Pharm.D., primary pharmacist at the Nyes Road office. The Nyes Road Anticoagulation Clinic office is located in the Heart and Vascular Institute / Suite E at 121 Nyes Road Harrisburg, PA 17112.



Herbal Supplements and Warfarin

Herbal supplements are products made from botanicals, or plants, which are used to treat diseases or to maintain health. A product made from plants and used solely for internal use is called an herbal supplement. Herbal supplements come in all different forms: dried, chopped, powdered, capsule, or liquid. Prescription medications are regulated by the U.S. Food and Drug Administration (FDA) for safety and effectiveness. Herbal supplements are NOT regulated by the FDA. However, there are some brands of vitamins and supplements that are certified for content and purity. Ask your pharmacist to point out which supplements are certified.

History of Herbal Supplements



Warfarin has the potential to interact with many herbal supplements. The chart below, listing the most commonly used herbal supplements, will help you to understand ones, when taken by mouth as a capsule, tablet, or liquid, are known to interact with warfarin. **Please let the Anticoagulation Clinic know before you would start taking any herbal supplement.**

Known Interaction with Warfarin		
Risk of Bleeding (Increases INR)		Risk of Clotting (Decreases INR)
Arnica	Passion Flower	Bromelins
Cassia	Red Clover	Coenzyme Q10
Chamomile	Senega	Ginseng
Dandelion	Sweet Clover	Golden Seal
Feverfew	Sweet Woodruff	Green Tea
Garlic	Tamarind	St. John's Wort
Ginger	Tonka Beans	Yarrow
Ginkgo Biloba	Turmeric	
Horse Chestnut	Willow	
Licorice	Willowbark	
Omega- 3 Fatty Acids (fish oil)	Wintergreen	

ADHERENCE: TIPS AND TRICKS FOR REMEMBERING TO TAKE MEDICATIONS

Medications can only work if you take them properly. This article is aimed to help uncover barriers and explore different methods to remember to take your medications throughout the day.

Pill Boxes – Pill boxes can come in all different shapes and sizes. There are weekly, monthly and even single day boxes that can help. Don't think that you must stick to the same pill boxes if they are not working for you. There are pill boxes that allow you to separate medications into different times of day such as morning, noon, evening and night. If you have multiple medications that you take at different times of the day or if you need an easy way to take medications, pill boxes might be for you.

Cell Phone Reminders – Cell phones can be your best friend! If you have a smart phone there should be a clock application that can set an alarm for a certain time of day. This application allows you to personalize the alarms by labeling them and having them set to go off every day or only certain days of the week. If you have trouble remembering when to take medication, this tip could be for you. This trick is also useful if you only have one or two medications that you can't seem to remember to take on a regular basis. Use caution if you have multiple medications that could result in a lot of alarms because it could be confusing.

Applications on your Phone- If you like the idea of smart phone applications to help you remember or even if you have multiple people that need that extra reminder in your household, there are other applications you can download. Examples include Pill Reminder by Medisafe, MyMedSchedule, MyMeds, RXmindMe and CaringVillage.

Daily Activities- Pill boxes and cell phone alarms might not be for you and that is okay! Another tip that might benefit you is to combine taking your medications with activities that you already do. Some of these activities include drinking your morning coffee, feeding your pets, or going to get your mail. Another activity would be waking up and falling asleep. You could consider putting your medication on your night stand or right next to your alarm. If you have a daily routine and do not want to add one more task to your list, combining these activities may help you remember to take your medication. Remember, some medications cannot be taken on an empty stomach, or need to be taken on an empty stomach or in combination with acidic foods such as coffee. Always ask your pharmacist for guidance on these matters if you are unsure.

Daily Journal/Agenda- As stated before, some of these tips might not be for you but there are some people who just do better when they write stuff down. Some ideas include writing down your regimen in an agenda that you already have, or you might benefit from getting a new calendar all together. This can allow you to always have your schedule with you whether you have a phone or not. Remember, make it your own!

Friends and Family – Sometimes you just need someone to remind you. Don't be afraid to ask for an extra reminder. Some people have great memories and it can benefit you to make sure that you take your medications, but they also get to help you out. After all, what are friends for? If you have a reliable friend or if you need a little extra help sometimes, having your family or friends remind you might be beneficial for you.
(continued on next page).

WARFARIN INFORMATION NEWSLETTER (W.I.N.)

WINTER 2019

Your Pharmacist – It is what we are here for. Sometimes talking it out and getting a second opinion can inspire new and out-of-the-box tricks uniquely for you! When talking to your pharmacist try to make note of what medications, what time of day or certain instances that you miss your dose or doses of medications. The possibilities are endless! Sometimes combinations of any of these will be the right fit for you. Remember no one is the same when it comes to taking medications. What works for your spouse, neighbor or friend may not work for you. So don't get discouraged if it takes a few tries to find your comfort zone when taking medications.

Where not to store your medications – It is also important to discuss some places that may not be the best to store your medications such as your bathroom, in a car, or anywhere else where there could be extreme temperatures or excessive moisture. These conditions can make your medications ineffective and cause them to not work as well. If they are not working, they cannot do their job and keep you healthy.



Adherence Word Search

Below there are 9 words hidden. All of them are related to the article above. Can you find them?

P	I	L	L	B	O	X	P	B	F
H	A	E	D	R	P	E	H	F	R
O	C	A	L	E	N	D	A	R	I
N	D	C	T	A	L	A	R	M	E
E	F	S	K	K	G	H	M	I	N
L	I	S	T	F	A	J	A	R	D
Y	L	I	M	A	F	O	C	P	S
B	M	C	L	S	Q	L	I	A	M
N	S	V	X	T	Z	U	S	Y	W
B	E	D	T	I	M	E	T	A	T

WARFARIN INFORMATION NEWSLETTER (W.I.N.)

WINTER 2019

BAKED SALMON WITH FETA VINAIGRETTE

4 servings (5mcg of vitamin K per serving)

20 oz. Salmon filets, cut into 5 ounce portions
1 oz. Feta cheese, crumbled
2 ½ Tbsp Lemon juice
1 ½ Tbsp Orange juice
1 Tbsp Water
2 tsp Dijon mustard
2 tsp Oil, olive or canola
1/8 tsp Tabasco sauce
½ cup Red bell pepper, diced

Preheat the oven to 500 degrees Fahrenheit.

Combine cheese, lemon juice, orange juice, water, Dijon mustard, oil and hot sauce. Stir with wire whisk.
Coat each piece of salmon with oil. Place on an oiled, foil-lined pan.

Place in the oven for 10 to 12 minutes or until a fork, inserted in the thickest part of the filet, feels “warm to hot” to the touch.

Top each serving of roasted salmon with 2 tablespoons of feta dressing and 2 tablespoons bell pepper.

NUTRITION PER SERVING:

Calories 302
Fat 15.5 g
Cholesterol 58
Sodium 171 mg
Protein 40.1
Carbohydrates 9.9 g
Fiber 1.8 g

Adherence Word Search- Answer Key

P	I	L	L	B	O	X	P	B	F
H	A	E	D	R	P	E	H	F	R
O	C	A	L	E	N	D	A	R	I
N	D	C	T	A	L	A	R	M	E
E	F	S	K	K	G	H	M	I	N
L	I	S	T	F	A	J	A	R	D
Y	L	I	M	A	F	O	C	P	S
B	M	C	L	S	Q	L	I	A	M
N	S	V	X	T	Z	U	S	Y	W
B	E	D	T	I	M	E	T	A	T

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@pennstatehealth.psu.edu

REMINDER:

Fingerstick appointments available at both of our locations:

- **30 Hope Drive Hershey, PA 17033**
- **121 Nyes Road Harrisburg, PA 17112**

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

DID YOU KNOW?

The Anticoagulation Clinic is now listed in the PATIENT PORTAL!

When accessing your records through the patient portal, look for the Anticoagulation Clinic listing in the area where you would communicate to providers. This is how to reach us there.

Why enroll in the Penn State Health Portal? Here are some of the many features of this system:

- Use secure messaging with your care team
- Manage appointments – real-time scheduling is available for select appointment types
- View test results
- Review medical history
- Renew prescriptions
- Manage family member accounts (with proper consent)
- Smartphone apps available for iOS and Android

Visit pennstatehershey.org/myhealth for details on how to use website features, and to log in to your personalized website.



PennState Health
Milton S. Hershey Medical Center



Anticoagulation
Center of
Excellence

Anticoagulation Clinic, EC079
PO Box 859
Hershey, PA 17033-0859

PA

Nonprofit Org.
U.S. Postage
Paid
Harrisburg, PA
Permit 1200

Return Service
Requested

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, R.Ph
lbarletta@psu.edu, Director of Pharmacy, Outpatient Services

Editor: Amy Foltz, RPh

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