



# Warfarin Information Newsletter

SUMMER 2020

VOLUME NO. 11 ISSUE NO. 2



## Meet your Anticoagulation Clinic Team

The Anticoagulation Clinic (sometimes called the Coumadin Clinic) at the Penn State Health Milton S. Hershey Medical Center is staffed by six full time pharmacists, two assistants, six pharmacy residents, and two former residents that staff at the Anticoagulation Clinic as well as in other areas of the pharmacy. Our Clinical Coordinator is Frank Herrmann, our Director is Lisa Braccini-Barletta, and Medical Directors are Dr. Edward Liszka and Dr. Raymond Reichwein.

Currently we oversee approximately 1400 patients. One third of these patients are managed with point of care visits at Hope Dr. in Hershey or Nyes Rd. in Harrisburg. These patients receive a fingerstick to determine the INR and discuss their warfarin dose and schedule with one of

Pictured (l-r) **Front Row:** Paul Kocis, Ritu Light, Gretchen Richardson, Amber Dietrich **Second Row:** Beth Bittner, Amy Foltz, BethAnn Shields **Back Row:** Dr. Raymond Reichwein, Todd Grove, Dianne Turner, Frank Herrmann

our pharmacists. The other two thirds of our patients within the clinic are telemanaged. This means the patient goes to an outside lab (or Penn State Health lab) for a venipuncture to determine the INR. After the results are received, the Anticoagulation Clinic pharmacists contact the patient by telephone to discuss the warfarin dose and schedule.

Assisting you with all of your anticoagulation needs is part of our job as well. If there is a necessary procedure that requires warfarin holding, we work with your physicians to best determine how to proceed.

Having in-person interactions assists greatly in assuring proper warfarin dosing, thus keeping a patient's INR in range. Each fingerstick appointment also provides you the opportunity to obtain an updated dosing card, which includes doses spelled out for each day, as well as the date of the next INR check.

**Why wait in long lines at the lab or wait to receive a phone call with your INR result? Schedule a fingerstick appointment at one of our clinic locations.**

### FRIENDLY REMINDERS

Call us with ANY diet or medication changes, like when a new medication is prescribed for you or a medication is discontinued.

Keep your medication list handy. We keep your records up to date.

PLEASE CALL if you don't hear from us after your blood test. Your results may not have been received.

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

TITLE ..... **SUMMER SQUASH**  
..... **STIR-FRY** 6 servings  
.....



**NUTRITION PER SERVING:**

Calories	106
Fat	6.2 g
Cholesterol	4 g
Sodium	83 mg
Protein	3.5 g
Carbs	10.2 g
Fiber	6.9 g

**INGREDIENTS**

- 2 T Olive oil
- 1 t Garlic cloves, minced
- 3/4 C Onion, sliced and separated into rings
- 1 lb Zucchini, peeled, thinly sliced or julienned
- 1 lb Squash (yellow summer squash) peeled, thinly sliced or julienned
- 8 Cherry tomatoes, cut in half or 2 tomatoes cut into 1/2 inch pieces
- 1/2 t Ground black pepper
- 1 oz Parmesan cheese, grated (about 1/4 cup)



**DIRECTIONS**

Heat olive oil in pan over medium to high heat, swirl to coat pan or wok.

After oil is hot, add garlic clove and onion, stir-fry 1 minute.

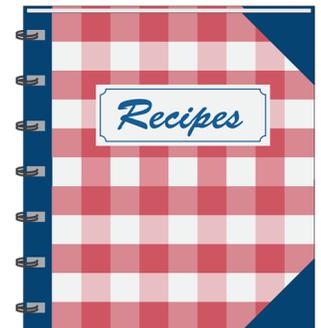
Add zucchini and yellow squash, stir-fry 3 minutes or until crisp-tender.

Add cherry tomatoes and pepper, stir-fry 1 minute or until thoroughly heated.

Transfer to a serving bowl. Sprinkle with cheese and serve immediately.

**Do You Enjoy Cooking?**

Would you like to share your favorite recipes with others? We are creating a cookbook of recipes by our patients and staff. All recipes are welcome. Recipes can be submitted to BethAnn Shields at [bshields@pennstatehealth.psu.edu](mailto:bshields@pennstatehealth.psu.edu), by September 1, 2020. You can also bring your recipe to your fingerstick appointment or mail your recipes to Anticoagulation Clinic, Attention BethAnn Shields, PO Box 859, Hershey, PA 17033. All proceeds will go towards a local food bank. Cost of the book will be determined at a later date and published in our Fall Newsletter.



# Do You Know About Rx2Go?

**What is Rx2Go?** Rx2Go is a bedside discharge medication delivery program provided by the Hershey Medical Center Pharmacy Department.

**How does it work?** This free service is available for patients discharged between 9 AM–5 PM any day of the week (excluding holidays). At the time of discharge, a pharmacist will deliver new medications to your hospital room, provide counseling and answer questions.

**Is there a fee for this service?** There is no fee for Rx2Go. The only charge is the copay, as determined by your prescription insurance plan. The pharmacy accepts most prescription insurance plans. Your copay may be paid by cash, credit card or check at the time of delivery.

**How do I refill my prescriptions?** Typically, a one-month supply of your medication is provided through Rx2Go. You may continue to fill your prescriptions at a Hershey Medical Center Pharmacy; or you may transfer the refills to another pharmacy. Simply take your prescription bottles to that location or ask that pharmacy to request a transfer from our pharmacy.

**What are the benefits of using Rx2Go? There are many! Here are a few:**

- One-on-one medication education by a pharmacist
- Address any insurance rejections or prescription discrepancies with your medical team
- Avoid unforeseen delays due to your pharmacy being closed or not having a medication in stock
- Special pricing for eligible prescriptions
- No extra stop or waiting in line at a pharmacy on the way home from the hospital!



If you or a loved one are admitted to the hospital, ask your medical team about enrolling in the Rx2Go Program!

## Did you know July is .....

**National Blueberry Month**

**National Anti-Boredom Month**

**National Hot Dog Month**

**National Ice Cream Month**

**National Picnic Month**

**National Cell Phone Courtesy Month**

**July 1 - International Joke Day**

**July 4 - Independence Day and Sidewalk Egg Frying Day**

**July 10 - Teddy Bear Picnic Day**

**July 16 - Fresh Spinach Day !!!!!**

**July 25 - National Culinaricians Day**

**July 30 - International Day of Friendship**

## A Very Important List!



Many of us carry a “to-do” list with us – a list of things we want to remember to do. Another important list to keep on hand is a list of your medications! Medication information is very important for those providing your medical care, but it may not be easy to recall all of the important details from memory. Maintaining and carrying a list will be valuable for doctor’s appointments, trips to the pharmacy or unexpected visits to urgent care or the hospital.

You can handwrite your list, ask for a copy from your doctor’s office, make one on the computer or create it in your cell phone. For patients that come to the Coumadin Clinic for INR fingerstick testing, a printed copy of your Penn State Health medication list is provided at every appointment. For our patients that go to a lab for INR testing and we communicate with you via phone, a copy of your medication list can be printed and mailed to you upon request.

If you are making your own medication list, consider including the following information for each medication that you take:

Brand and/or generic name

Formulation of the medication (e.g., tablet, capsule, liquid, patch)

My dosing: How much do I take, how often and what times of the day?

Why am I taking it?

Who prescribed it for me?

For example, a medication list could look as follows:

Medication	AM	PM	Reason	Prescriber
atorvastatin 20 mg tablet		1 tablet	High cholesterol	Cardiologist
metformin 500 mg tablet	1 tablet with breakfast	2 tablets with dinner	Diabetes	Family Doctor
warfarin 2 mg tablet		Follow Coumadin Clinic instructions	Atrial fibrillation	Coumadin Clinic

Remember to include all prescription and over-the-counter (OTC) medications that you use, including vitamins, herbals, pain relievers, eye drops, inhalers, injections, patches, ointments and creams.

Take some time right now to create a medication list, or to review your current one to make sure it is up-to-date. Then place it in your purse or wallet. Finally, share a copy with a family member or friend too!



## To Eat or Not to Eat: Vitamin K Foods Frequently Asked Questions

Does the amount of vitamin K change when a vegetable is raw versus cooked?

Overall, vitamin K levels are not significantly impacted by the cooking process. However, if cooking a food significantly reduces the size (like spinach), you may end up eating more of the vegetable than you would if it were raw, which means you may actually eat higher levels of vitamin K.

Which types of lettuce have the most vitamin K?

**Highest** = spinach, kale

**High** = romaine, green leaf, butter lettuce

**Lower** = iceberg

Salads made with spinach or kale will have more vitamin K in them than iceberg salads. If you are looking to cut down vitamin K, you can include more iceberg in your salad.

Which green vegetables are low in vitamin K?

Green beans, celery, green peppers, and zucchini are all low in vitamin K, which means they are “freebies” and do not need to be considered in your vitamin K intake.

What are some non-vegetable foods that contain vitamin K?

Liver has large amounts of vitamin K and will decrease your INR. Mayonnaise and canola oil are also high in vitamin K, but this is with a serving size of 7 tablespoons or more. Supplement shakes, like Boost and Ensure, usually contain moderate amounts of vitamin K. Some fruits, like grapes, blackberries, raspberries and blueberries, have low amounts of vitamin K except when consumed in larger quantities.

#### References:

Lee S, et al. Effect of different cooking methods on the content of vitamins and true retention in selected vegetables. Food Science and Biotechnology. 2018 Apr [cited 2020 Jan];27(2):333-342.  
Coumadin®. Foods with Vitamin K. New York (NY): Bristol-Myers Squibb; rev. 2019 Feb [cited 2020 Jan]. Available from: <http://www.coumadin.bmscustomerconnect.com/diet>



# Healthy Summer Habits

Summertime is an excellent time to start fresh! The days are longer and everything around us is more alive. Everything is green again! This is a perfect time to grow some healthy habits! Your summer fun can coincide along with this renewed healthy lifestyle. Here are some simple tips to have a fun and healthy summer:

## **INVEST IN A COOL PAIR OF SHADES OR HAT**

Wear sunglasses! We all know protecting our skin in the summer is important. Our eyes need to be protected as well. Sunglasses are not just a fashion accessory, but their most important function is to protect our eyes from the sun's ultraviolet (UV) rays. Without this protection, your eyes can develop cataracts, macular degeneration, astigmatism and eyelid cancer. Look for a pair with 99-100% UVA and UVB protection. A hat with a wide brim will also offer protection for the eyes as well.

## **EAT YOUR WATER**

Foods like cucumber, strawberry, grapefruit, celery, lettuce, watermelon, tomatoes, summer squash, zucchini, green cabbage and pineapple, have up to 95% water content, making them great sources of water and can keep up your hydration. Of course, patients taking warfarin need to watch VITAMIN K CONTENT in the foods. CABBAGE, LETTUCE, AND UNPEELED CUCUMBERS are HIGHER in vitamin K. With higher temperatures, we need more hydration than usual, and eating our water is a great way to supplement our water consumption. Staying well hydrated will help keep your body functions in order, as well as keep your skin and hair glowing.

## **ACT LIKE A CHILD**

Observing children, we can notice how playful they are in the summertime. We see them running, and playing, enjoying the summer sun and freedoms. You can also remember your past summertime fun and adventures, like swimming, camping, and outdoor sports. Somewhere as we go along in life, we forget about this playfulness. We get caught up in work and adult responsibilities. With summertime now here, go ride a bike, or jump in a lake this summer. Getting these exercises in is excellent for your heart and lungs. Remember to always consult your healthcare provider before taking on a big change in your activities.

## **APPLY SPF with YOUR BODY LOTION**

If you take your shower in the morning, you probably moisturize right afterwards most of the time. Why not apply SPF at this time as well? Either use sunscreen before or after moisturizing or find a moisturizer that already contains SPF. It is the incidental sun exposure (walking to and from your car) that can also cause damage. Protect your skin.

## **TAKE YOUR LUNCH OUTSIDE**

Having some time away from your workspace will improve your mood and prevent mindless eating. Exposure to the sky and fresh air is important to mental and physical health. Taking a short 5 to 10 minute walk will help your food digest and refresh your mind as well.

## **ADD ONE PIECE OF PRODUCE TO EACH MEAL**

A very easy way to boost your nutrition, is to eat one piece of fruit or veggie with each meal. Some examples: eat the pancakes, but add the strawberries; eat the pasta, but add some baby carrots. Since fresh produce is readily available and most affordable at this time of year, take advantage and also foster better eating habits. Choose produce you enjoy and you will keep coming back. Eating these fresh natural foods is one of the most beneficial things you can do for your body. Remember to watch VITAMIN K amounts.

## **WAKE UP EARLY**

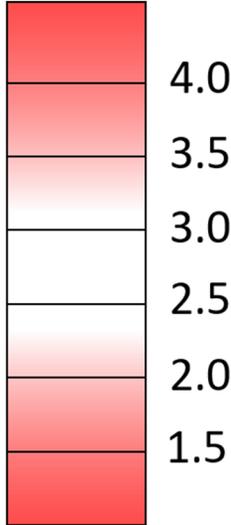
Oftentimes we complain about how dark and cold wintertime is. Well, now is the time to enjoy the sun while it is here! Waking up earlier will make time for a short workout, or some quiet reading time. Use the power of the sun for a little self-care or start a hobby you have been meaning to start. Just waking up 30 minutes to one hour earlier gives us time to start enjoying the day sooner.

## **TRY GROUNDING**

Simply putting your hands in the soil is "grounding". Planting a small garden, growing indoor or outdoor herbs connects you with nature, thereby improving stress levels. You can take "grounding" a step further by taking off your shoes and socks and putting your bare feet on the earth. This may sound a bit strange, but it's also a great way to relieve physical and mental stress. Sit, stand or walk around barefoot on the earth for 20 minutes for the best results.

## Right Dose = Right INR

Too High - May Bleed



Too Low - Won't Work

## SPOT A STROKE

# BE FAST

**B**ALANCE LOSS    **E**YESIGHT CHANGES    **F**ACE DROOPING    **A**RM WEAKNESS    **S**PEECH DIFFICULTY    **T**IME TO CALL 911



Experiencing or recognizing any of these?  
Notify a staff member immediately!



**PennState Health**  
Milton S. Hershey Medical Center

inspired together

## Did you know?

The Anticoagulation Clinic is now listed in the [My Penn State Health Patient Portal](#). When accessing your records through the patient portal, look for the Anticoagulation Clinic listing in the area where you communicate to providers. My Penn State Health is a secure website where you can conveniently manage your healthcare information related to your visits with Penn State Health providers. A mobile app is available for both Android and iPhone. Some features of the system are:

**Secure messaging with your care team**  
**View medical history**  
**Manage prescriptions**

**Schedule and manage appointments**  
**See test results**  
**Manage family member accounts**

You can [create your account online using the Self-Enroll process](#) or you may sign up during any visit to Penn State Milton S. Hershey Medical Center or one of our Medical Group locations.

Visit [pennstatehershey.org/myhealth](http://pennstatehershey.org/myhealth) to learn how to use your own personalized website.



### UPC Pharmacy

**Phone** 717-531-8094

**Hours:** M-W 8am - 5:30pm  
Th-F 8am - 6pm  
Sat 8:30am - noon  
Closed Sundays and Holidays

### Cancer Institute Pharmacy

**Phone** 717-531-1272

**Hours:** M-F 8am - 8pm \* new hours  
Sat-Sun 9am - 5:30pm  
Holidays 9am - 5:30pm

**Fingerstick appointments are available at both of our locations:**  
30 Hope Drive Hershey, PA 17033 and 121 Nyes Road Harrisburg, PA 17112

**Call us at 717-531-5312 or**  
**Toll Free: 1-800-243-1455 x 5312**

Anticoagulation Clinic  
Mail Code EC79  
PO Box 859  
Hershey, PA 17033-0859

Return Service  
Requested

**Contact us** Monday through Friday from 9:00 a.m. until 5:00 p.m.  
at (717) 531-5312 or 1-800-243-1455 Extension 5312 or  
email any time: [anticoagulationclinic@pennstatehealth.psu.edu](mailto:anticoagulationclinic@pennstatehealth.psu.edu)

**In case of emergency, please call 911.**

**How are we doing? Please send your comments to:**

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Editor's Note: Please let us know of any future topics you would like to see.

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