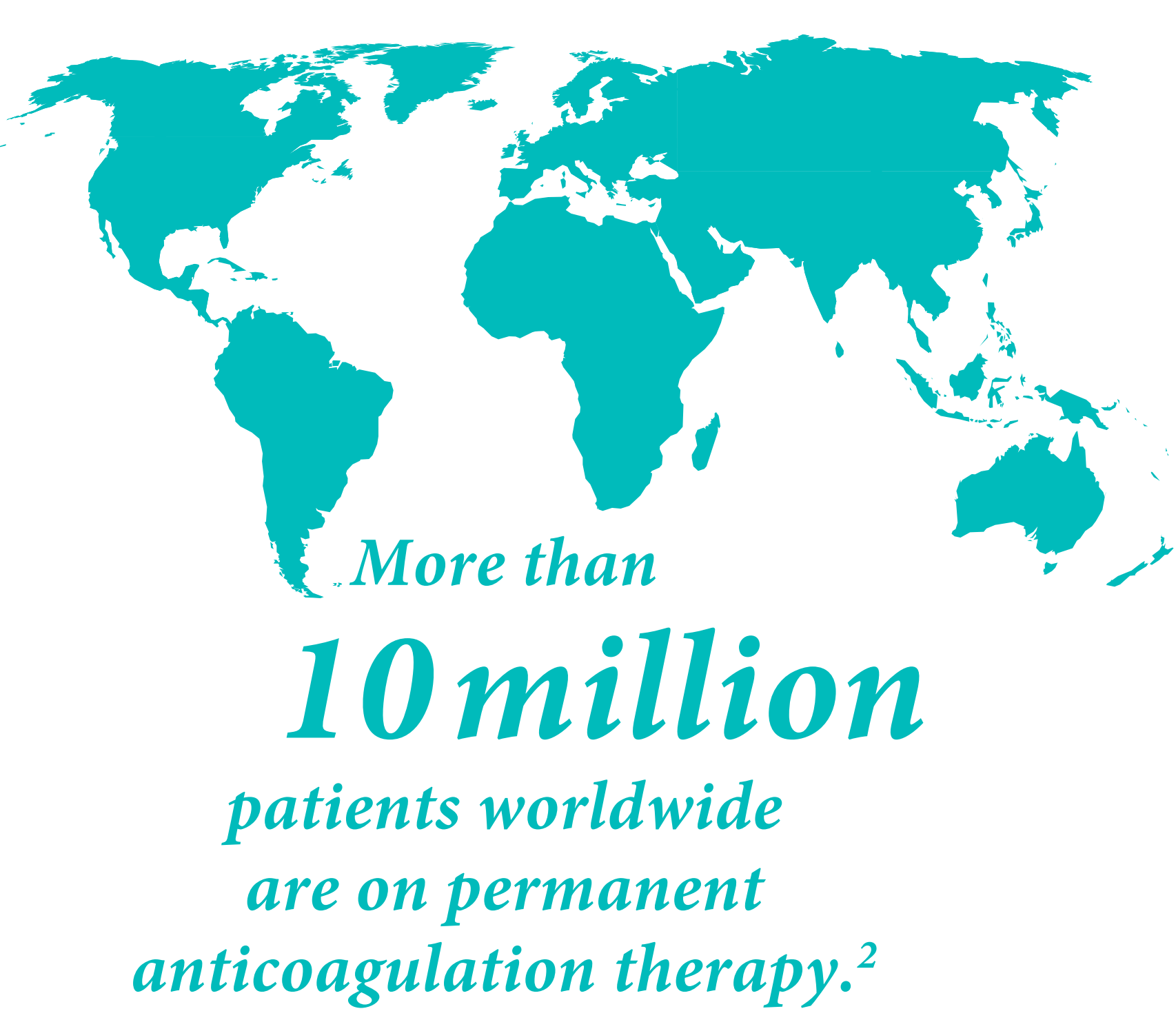


Anticoagulation and Self-Management

The number of patients taking oral anticoagulants¹ (e.g. Warfarin®) is growing constantly. They must have their coagulation status tested regularly. This is normally done by their physician, but more and more patients become self-managers and monitor their coagulation independently.

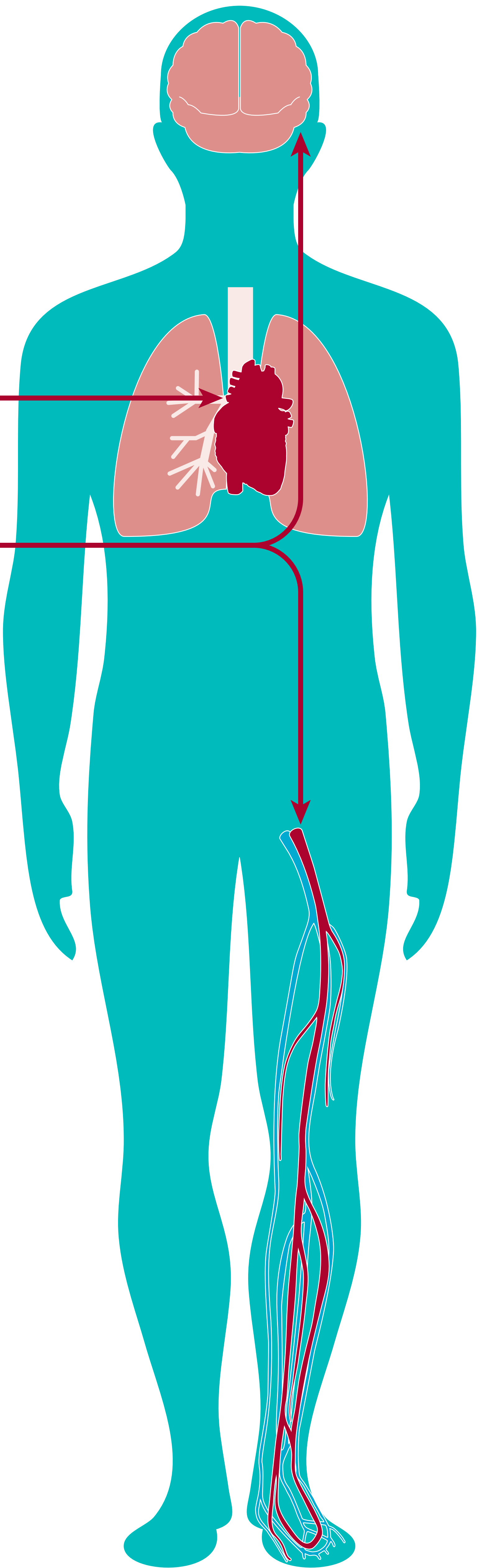


Common medical conditions which require anticoagulation therapy

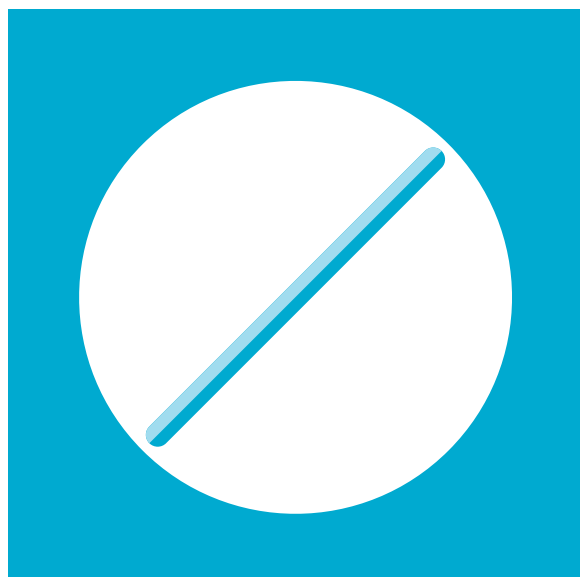
Atrial fibrillation

Artificial heart valve

Thrombosis, embolisms



Anticoagulants³



Anticoagulants such as vitamin K antagonists (e.g. Warfarin®) reduce the formation of dangerous blood clots.

! Beware:

The risk of bleeding is increased if the dose of anticoagulants is too high.

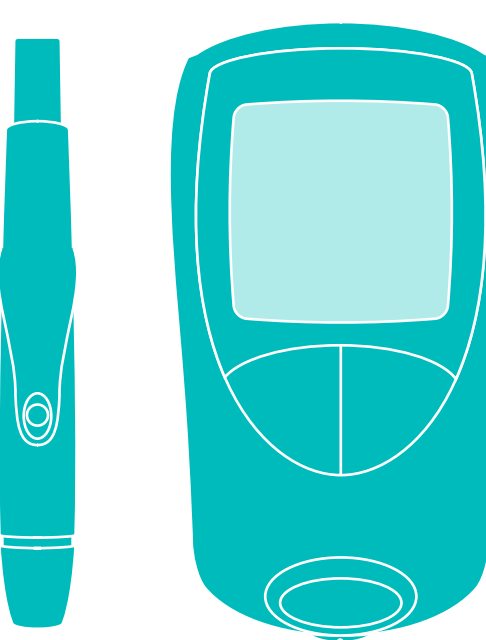
Coagulation control

Regular coagulation monitoring is important to balance the risk between clotting and bleeding.

By the physician

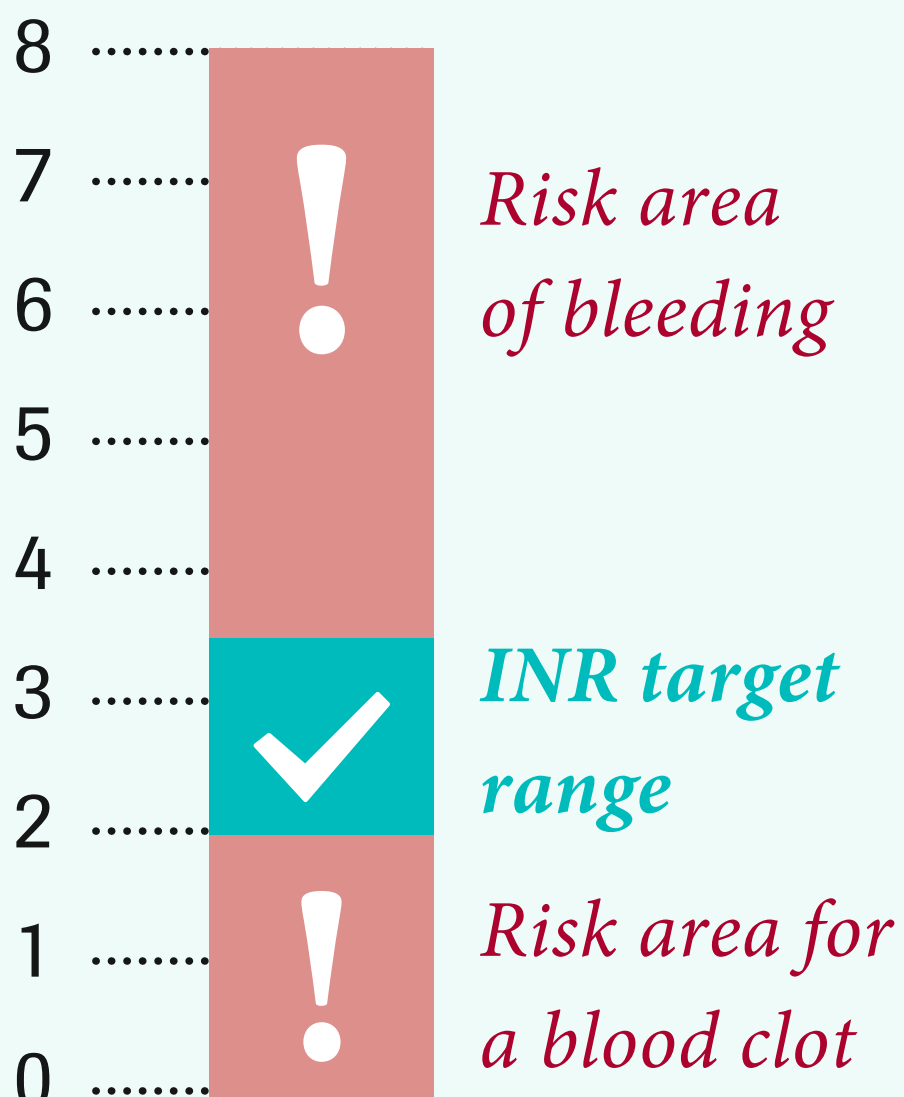


By the patient himself

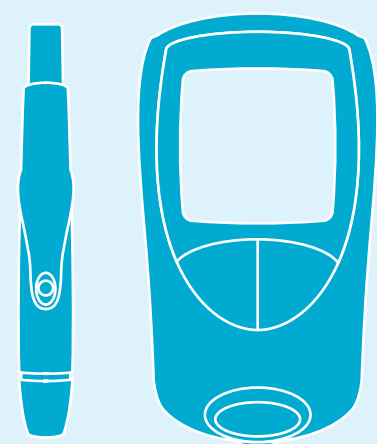


Good to know

The INR value is the most common way to measure blood coagulation. Each patient taking vitamin K antagonists gets an INR target range from his physician to minimize the risk of complication.



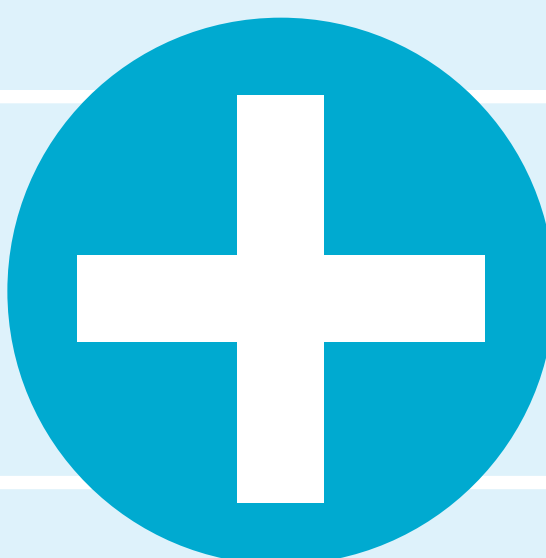
Advantages of coagulation self-management



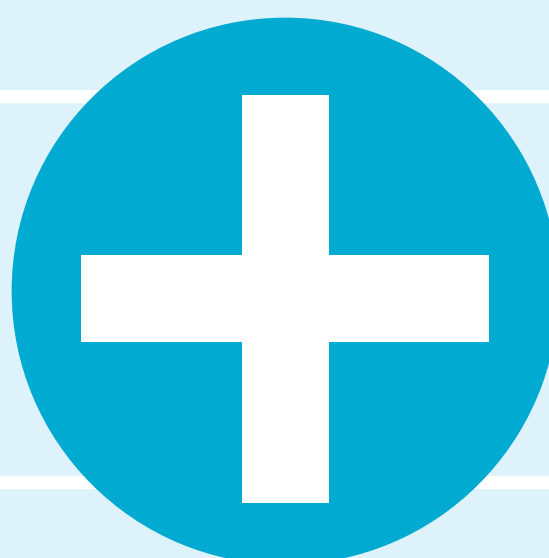
Patients who self-monitor often comment on how much more in control they feel of their body and their life. **Self-management allows for:**



Security



Independence



Quality of life

How to become a self-manager

Green light from the physician

Specialized training



&



¹ All information applies to patients taking vitamin K antagonists.

² Source: www.ismaap.org

³ Source: www.bhf.org.uk