



The Coumadin (Warfarin) Help Book: Anticoagulation Therapy to Prevent and Manage Strokes, Heart Attacks, and Other Vascular Conditions

By Ph.D. Diana M. Schneider

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The anti-coagulant Coumadin® can be challenging to manage — slight changes in its blood levels can lead to either ineffectiveness and stroke or bleeding episodes. What's more, a wide range of foods and medications can alter blood levels in conjunction with this medication. In a single, accessible book, author Diana Schneider explains how Coumadin® works, letting readers understand how food and medications alter its effects. She also provides information on how to enjoy a normal, healthy diet while using the drug, manage unusual situations, travel with Coumadin®, and much more.

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