

## Complementary Alternative Medicine (CAM)

### CAM includes treatments such as:

- Natural Health Products are medicines in herbs (plants), herbal teas, special juices, Chinese medicine and vitamins
- Vitamins
- Chi-ro-prac-tor (KI-ro-PRAK-ter)
- Acu-puncture (Ak-cue-PUNK-cher) cupping
- Osteopathy (Os-TEA-o-path-IE)
- And others

Ask your nurse, or doctor if you think you may be using CAM.

### Using CAM and warfarin may increase your risk of bleeding or clotting.

- By increasing or decreasing your INR if you are on warfarin
- OR by affecting your platelets. Platelets are small sticky blood cells that help make a clot.
- Resulting in bruising or bleeding under the skin or in your joint

### If you are seeing a Natural Health doctor be sure to explain that:

- You are taking a blood thinner to prevent or treat a blood clot
- You will bruise or bleed easier

### If you start any Natural Health Therapy including vitamins, it is important to tell your INR doctor or nurse when you:

- Start or stop a new CAM
- Go to an ac-u-punc-tur-ist or chi-ro-prac-tor.
- Take extra vitamins or energy
- Use any other type of complementary alternative therapies

### When using Natural Health Products it is important to:

1. Read the labels to know what is in my natural health product
2. Check if my natural health product has Vita-min K in it
3. Take the natural health product regularly.
4. Tell my INR doctor or nurse what I am taking, when I take a new natural health product or change the dose
5. If I am on warfarin, check my INR THREE days after I start a new natural health product