



OCEAN STATE
CARDIOVASCULAR & VEIN CENTER



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Our Mission: To Provide Accessible Quality Medicine In Our State Of The Art Facility
Our Purpose: To Deliver The Best Of Cardiac Care For Our Patients
Our Process: Timely and Ongoing Communication With All Referring Physicians

Topic of the Month – Coumadin

Sourced from **Intermountain Healthcare** – Fact sheet - Coumadin (Warfarin) Anticoagulation Therapy: What you need to know and do.

Other than aspirin the most commonly used anti-coagulant is Coumadin (warfarin). It is a valuable medication but many factors can affect how it works.

Anticoagulants work by blocking the action of Vitamin K in your system but it is important and tricky to find just the right balance. Your doctor will decide:

- What dose you take
- When to take your dose
- What to do if you forget a dose

Your doctor will also track your PT/INR. PT stands for prothrombin time – the time it takes your blood to clot. INR stands for “International Normalized Ratio”.

Both illness and stress can affect how well Coumadin works. If you have had more stress than usual, talk with your doctor. Your doctor may advise more frequent blood tests to help adjust your Coumadin dose during stressful times.

Check with your doctor before doing any activity where you could risk getting hurt. Contact sports, sharp tools or work that may put you on a ladder.

Make sure you tell your doctor about all medications you are taking, alcohol consumption or any herbal supplements you take. Your doctor may also want you to limit your intake of some kinds of juices like cranberry and grapefruit.

Also, it is important to check with the doctor who manages your Coumadin at least 2 weeks before any surgical or dental procedures.

Your doctor is always the best source of accurate information.

Heart Healthy Recipe for April

Strawberry Breakfast Mousse

No more skipping breakfast! This breakfast treat, even creamier than the typical mousse, is a fabulously cool way to begin the day. You can even make it up to 24 hours in advance.

Ingredients

- 1 cup quartered strawberries
- 1/2 cup low-fat ricotta cheese
- 1/2 cup fat-free vanilla yogurt
- 2 tablespoons all-fruit strawberry spread
- 3/4 cup fat-free frozen whipped topping, thawed in refrigerator
- 4 fresh mint springs (optional)

Cooking Instructions

In a blender, process the strawberries, ricotta, yogurt and strawberry spread for 20 to 30 seconds, or until smooth, stirring halfway through.

Pour into a medium bowl. Gently fold in the whipped topping. Spoon into custard cups or small bowls. Garnish with the mint.

Cook's Tip

This strawberry mousse is also delicious spooned over fresh berries, such as blueberries. A serving would be half-cup fresh berries and 2 tablespoons mousse.

We found this great recipe on the American Heart Association Website. Check there for the nutritional information and to find other great heart healthy recipes... heart.org/recipes

Upcoming Events

- 4/14** Women's Expo
Twin Rivers Ballroom
11 AM – 5 PM
- 4/24** Dr. Elgabry
Treatment of Chronic Angina
Capital Grill 7:00PM
- 4/24** Dr. Saber
Grand Rounds
Landmark Medical Center
Rethink Venous Diseases
12:00 Noon
- 4/24** Dr. Saber
Venous Diseases
Trattoria Romana
7:00 PM
- 5/28** Dr. Saber
Venous Diseases
“The Dr. Is In”
WNRI at 9:05 AM

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