

CLINICAL TIP OF THE MONTH

Warfarin vs antibiotic/antifungal medications...

Winter seems to be the season for infection and visits to the physician, which often result in a trip to the pharmacy for antibiotics or anti-fungal medication. Many residents are also on warfarin, an anticoagulation medication, which may interact with some antibiotics/anti-fungals. Some interactions may increase the effects of warfarin (increased risk of bleeding), while other interactions may decrease the effectiveness of warfarin. If you know your resident is taking warfarin and is prescribed an antibiotic/anti-fungal medication, ask the physician if the combination affects how warfarin works and if additional monitoring is warranted. Depending on the patient, drug combination, duration of antibiotic/anti-fungal treatment, and other factors, the physician may monitor the patient's INR more carefully while being treated for infection.

FEATURED HOME

Tender Hearts is an adult foster care home in a warm home environment located in Blackduck offering kind and compassionate care. It's licensed by the state of Minnesota and has an occupancy of 5 residents. The caregiver, Darlene, has over 18 years of experience with the elderly and provides 24 hour care.

Services:

- Nutritional meals and snacks
- Transportation available for appointments or other needs
- 2 living rooms, 3 bathrooms, 2 large decks
- TV and phone hook-up in each room
- Large garden area
- Social activities



Tender Hearts

NUTRITIONAL TIP Do you need a multi-vitamin?

Do you need a multi-vitamin?

Several people ask me if they really need a multi-vitamin, because they "eat very well". My answer is: Yes! Even if you eat very balanced and healthy, there is a possibility that you are not getting all of the vitamins and minerals you need on a daily basis.

In addition, some vitamins do not absorb due to interactions with certain medications or other factors. One example of this is Vitamin B12, which is vital for nerve function, among other things. If you are taking Metformin, a diabetes medication or any "acid-reducer", you



*Nutritionist
Kristin Klinefelter*

your food! However, in the supplement form (from a multi-vitamin), your body can absorb it. In addition, as we age, our ability to absorb Vitamin B12 from food diminishes. So, please enjoy a wide variety of healthy foods on a daily basis...and take your multi-vitamin too!

If you have questions about certain vitamins, please contact me or a pharmacist at Medsave Family Pharmacy.

615 Anne Street, Suite B Bemidji, MN 56601
Ph (218) 444-5228
Fax (218) 444-2451

medsaveltc.com