

Exercise, Warfarin, & You

Can I exercise while taking warfarin?

Yes, there is nothing preventing you from continuing the exercise routine you were doing before taking warfarin (brand name Coumadin®). You should discuss with your doctor or nurse before starting any new exercise program to make sure it is right for your overall health and is one that doesn't increase your risk of bruising.

Benefits of exercise

The best reason to exercise is to keep your weight under control. This will help control your blood pressure and prevent you from becoming overweight, helping decrease your risk of diabetes.

Exercise improves your circulation and keeps your muscles strong and your joints flexible. This can help improve your balance and reduce your risk of falling.

Something as simple as walking can stimulate your brain to produce chemicals that can make you happy and more relaxed. While it may make you more tired while exercising, the longer benefit gives you more energy during the day and more restful sleep at night.

Will my INR change?

There have been no studies that show your

INR (International Normalized Ratio) value will go up or down as a result of exercising. There are some affects of exercising however that may change your INR test results in the short-term.

Diet

When you work out your appetite will likely increase, this is your body's way of trying to replace the calories you used while exercising. What you eat may influence your INR test result as soon as your next blood test. If you increase your salad intake with your exercise – a decrease in your INR may result, not because of the exercise but because of the vitamin K in the green salad/vegetables. Add salad dressing and you may be consuming more vitamin K and further decreasing your INR. The bottom line on your overall diet is to remain consistent and consume normal portion sizes.

Metabolism

Your metabolism is simply how your body uses what you put into it, including medicines. It remains unclear if increasing your metabolism due to exercise also clears warfarin more quickly from your body and lowers your INR. Ask your doctor and check your INR more frequently.

For more information on living healthy while taking warfarin,
visit **www.PTINR.com** or call **1-877-262-4669**



WellLife: A guide for living on warfarin
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1. Bristol-Myers Squibb Company. Medication Guide for Coumadin Tablets and Coumadin for Injection (Package Insert). Princeton, NJ. 2009.