

# Peas and Carrots

Winter Edition M4--PY08



## Vitamin K and Coumadin

Mom always said, "Don't forget to take your vitamins!" Vitamins, whether in a daily pill or in the foods we eat, are an important part of a balanced and healthy diet. But it's important to remember that sometimes specific vitamins can interact with medications prescribed by the doctor. One combination people should be especially aware of is the amount of Vitamin K in their diet when taking Coumadin®.

Coumadin is a drug that works to thin the blood and reduce blood clots. This is often prescribed for older adults with health problems such as blood clots, arrhythmias and other cardiovascular problems. Vitamin K is found in many foods and is used by the body to increase the body's ability to form blood clots. Coumadin works by blocking Vitamin K.

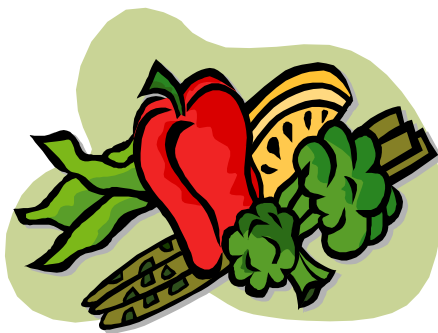
There are many foods that are rich in Vitamin K. These include leafy green vegetables such as broccoli, Brussels sprouts, cabbage, collard and mustard greens, Bibb and red leaf lettuce, parsley and raw leaf spinach, as well as some fats and oils such as mayonnaise, canola and soybean oil. Asparagus, avocados and peas also have a fair amount of vitamin K. It is important to be mindful of these types of foods and to make sure you have a consistent level of Vitamin K in your diet when taking Coumadin. Drastic increases or decreases can cause Coumadin to work differently or not at all. It is important to always discuss diet, especially diet changes, with your doctor.

Sources: Mercy St. John's Healthy People Magazine, "Ask the Pharmacist: The Drug-Diet Connection" and Coumadin Website, "The Role of Vitamin K and COUMADIN® Use"

### Match the Indiana College or University with its Mascot

- |  |                       |
|--|-----------------------|
| a. Anderson University                 | 1. Fighting Irish     |
| b. Ball State University               | 2. Boilermakers       |
| c. Butler University                   | 3. Fighting Engineers |
| d. DePauw University                   | 4. Tigers             |
| e. Franklin College                    | 5. Grizzlies          |
| f. Hanover College                     | 6. Ravens             |
| g. Indiana State University            | 7. Purple Aces        |
| h. Indiana University                  | 8. Bulldogs           |
| i. Purdue University                   | 9. Belles             |
| j. Rose-Hulman Institute of Technology | 10. Hoosiers          |
| k. Saint Mary's College                | 11. Sycamores         |
| l. Saint Mary-of-the-Woods College     | 12. Screaming Eagles  |
| m. University of Notre Dame            | 13. Pomeroy's         |
| n. University of Southern Indiana      | 14. Panthers          |
| o. University of Evansville            | 15. Cardinals         |

Answers can be found at bottom of next page.



"Peas & Carrots" is created and developed by the  
Indiana Family & Social Services Administration, Division of Aging

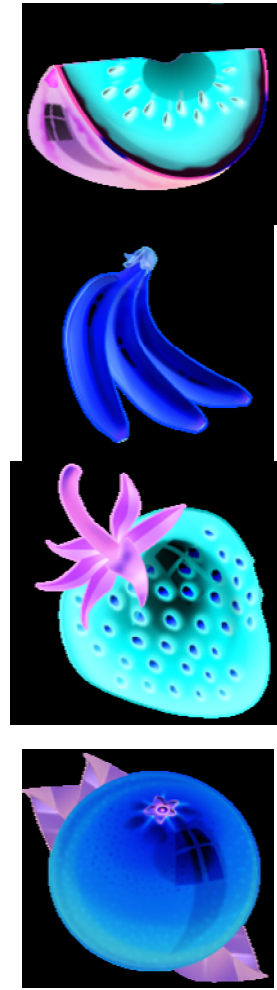


"People  
helping people  
help  
themselves"

## Find the fruit!

s	i	r	c	s	u	n	s	b	p	u	e	o	r
e	e	n	i	r	e	g	n	a	t	i	a	r	y
g	t	i	b	s	w	m	a	n	g	o	a	a	a
n	r	a	r	t	a	i	m	a	p	e	y	e	r
a	o	n	n	r	t	n	p	n	p	l	r	n	e
r	n	a	o	a	e	a	r	a	p	p	r	n	n
o	t	o	m	w	r	h	r	p	g	p	e	s	e
n	m	k	m	b	m	g	c	u	e	a	b	l	a
i	m	u	i	e	e	u	e	g	b	e	e	n	l
r	b	m	s	r	l	m	l	m	n	n	u	e	m
a	n	q	r	r	o	r	i	p	o	i	l	g	o
d	v	u	e	y	n	k	e	l	c	p	b	p	g
n	a	a	p	r	i	c	o	t	p	m	a	s	n
a	m	t	u	w	w	i	g	a	s	c	r	m	r
m	a	f	i	g	n	a	m	w	a	e	q	a	a

apple apricot banana bing cherries blueberry grape  
guava kiwi kumquat lemon lime mandarin oranges  
mango pear persimmon pineapple plum pomegranate  
strawberry tangerine watermelon



## Tai Chi

Tai Chi (pronounced "TIE-chee") is a series of gentle, graceful movements that flow from one to the next. This is done while focusing on breathing and centering the body. It was created in ancient China as a type of martial arts used for self defense. These movements are still used today as a form of exercise and relaxation.

When done properly, tai chi has many health benefits. It can help to reduce stress and increase relaxation. It can help to improve flexibility and circulation as well as balance and muscle strength. Other benefits include a decrease in blood pressure and chronic pain and an increase in positive feelings of health and wellness. Tai chi can be particularly helpful to older adults who would like to exercise because it is low impact and easy on joints. Movements are done at one slow pace, so there is minimal strain on the body.

Any one can do tai chi, it requires no special equipment, clothing or athletic talent, though many beginners find it helpful to learn about tai chi with an instructor or in a group class. An instructor will help to make sure each position is done properly and that the most is gained from each movement. Additionally, group classes can help make exercise a more social and fun activity. Classes are often offered at a local YMCA or senior center. You should always talk to you doctor before starting any new fitness routine.

Sources: The Mayo Clinic website, "Tai chi: Improved stress reduction, balance, agility for all" and National Center for Complimentary and Alternative Medicine, "Tai Chi for Health Purposes"