

5 Safety Tips to Consider When Using Blood Thinners

Description

You may be required to take blood thinners for a number of different reasons. Commonly, a diagnosis of abnormal heart rhythm, like atrial fibrillation, or afib, may mean that you need to consider taking blood thinners, to ensure that there is a reduced risk of experiencing a clot. This can also lower any chances you may have of having a stroke.

Alongside going down the route of taking [natural blood thinners](#) to help with this, you must be aware of some of the safety tips and recommendations that you need to follow, in order to protect your health.

This is because if you hurt yourself while taking blood thinners, you could be suffering from internal bleeding, even if it is not apparent on the outside. So, let us learn more about what these safety tips are.

Try Natural Blood Thinners

Instead of taking blood thinning medication, you may decide that ingesting food that has blood thinning properties may be the best route for you to consider. Ginger, cayenne peppers, cinnamon, and even red wine are just some of the foods and drinks that can help to prevent blood clots from forming in the brain and heart, as a blood clot in these areas can significantly damage your health.

Alongside reducing the risk of your blood clotting, most of these ingredients have other health benefits too such as reducing inflammation, relaxing the muscles, and increasing circulation. So, if you want to take advantage of all these benefits, then you should take the time to look into the many different natural blood thinners that are on the market.

Be Aware of Internal Bleeding

Sustaining an injury to any part of your body while on blood thinners can increase the risk of internal bleeding. It can be hard to know if you are bleeding internally, as there are no firm symptoms to suggest that this is what is happening. However, there are some signs that you can look out for. These include fatigue, shortness of breath and a pale skin colour.

[Rapid internal bleeding](#) can cause symptoms of a stroke, or increased pain in the abdomen and back, although this will depend on where you are bleeding from. If you think that you are bleeding internally, seek medical attention immediately.

Avoid Alcohol

Many people like having a drink or two after a long day at the office, or while they are relaxing at the weekend, however, if you are on blood thinners, this can further damage your health. As most of us know already, the liver is responsible for processing alcohol, as well as many different types of medications.

Moreover, if the liver is breaking down the alcohol instead of the blood thinner, or any other type of medication that you are taking, the level of medicine in your blood can increase, which can cause detrimental health effects if not treated as soon as possible.

Take Care When Mixing Medications

If you are taking blood thinners and different medications at the same time, you should be aware that some antibiotics and anti-fungal medications can increase the potency of blood thinners, thus increasing the risk of further bleeding.

If you are required to take more than one medication, along with your blood thinners, then you should consult with your doctor at the earliest convenience. Advice in this area is paramount if you want to make sure your health is protected at all times.

Relax When You Can

This is probably the most important thing to take into consideration when you are on blood thinning medication. This is because it is imperative that you take all the precautions that are needed, in order to reduce the risk of any falls or trauma, that could lead to any significant bleeding. It may be hard to hear that you need to take it easy, especially if you are missing out on the opportunity to take part in activities that have an element of risk attached to them, but it will be beneficial in the long run.

If you have any worries or concerns, don't be afraid to consult with your doctor or any other health practitioner, who will be able to offer you help and advice if you would like to participate in things that are known to be higher risk. It is important to check, after all.

Living a life that involves taking blood thinners comes with its risks, but if you follow the tips and regulations that have been put in place, making this adjustment will come swiftly and easily. The most important thing to remember is that you shouldn't be afraid to reach out for advice if you need it.

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