

***Patient Self
Testing
One Patient's Perspective***

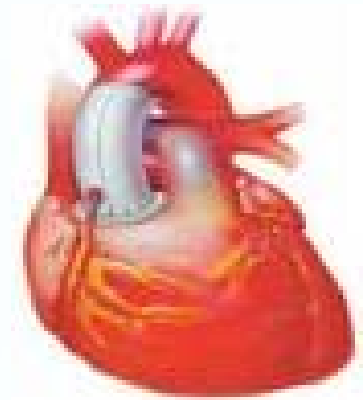
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o *Are Your Patients?*



Everything Changed in 2005

- Diagnosed with stenotic bicuspid aortic valve and ascending aortic aneurysm
- Aortic Root Replacement Surgery with Mechanical Valve - August, 2005
- Began using home INR monitor shortly after discharge from hospital



Why Patient Self-Testing?

- Convenience!!!
 - No trip to the lab
 - Can test anywhere, anytime
 - Immediate results
 - No waiting for the lab or doctor's office call
 - Improved patient safety
 - Avoids late-night call to go to the ER for an INR of 10



Why Patient Self-Testing?

- Monitor INR more closely
 - More frequent testing possible if indicated
 - Other factors which may affect INR
 - Illness
 - Medication interactions
 - Missed dose
 - Dietary
- Allows for more timely change in treatment



Testing?

Empowers Your Patients



- Gives feedback on factors that affect INR
 - Diet
 - Exercise
 - That glass of red wine that the cardiologist USED to recommend
- Motivates patients to make choices that improve the safety of warfarin therapy

Testing?

Ease of Use



- This is not rocket science
- INR home testing does not require a medical or pharmaceutical degree
- No different than the millions of patients with diabetes who test daily
- If you or someone else can prick your finger and operate a simple machine, then you can test at home

Life on Warfarin

- *Some adjustments are unavoidable*
(Notice the stylish pink helmet)
- *Patients should be your allies in their warfarin management*
- *Self-testing makes managing warfarin simpler for your patients, and also for those making treatment decisions*



Life on Warfarin

I finally finished my Marathon !



Questions?

