



# IN SEARCH OF...

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UW SPEECH & HEARING CLINIC

## RAT POISON OR MIRACLE DRUG?

By Doug Graham

Coumadin, or otherwise known as Warfarin is used to prevent harmful blood clots from forming. Harmful blood clots can cause a stroke ("brain attack") or a heart attack, among other things. About 2.5 million Americans take this blood-thinning medication.

Many people have been using Warfarin for about 40 years. The interesting thing is that D-Con's active ingredient is the same substance is called **Warfarin**. This is a very powerful anti-coagulant.

When a rat or mouse ingests this stuff, it starts bleeding from their inside leaving little blood trails because they dehydrate or bleeds out, like a tiny Ebola victim.

Obviously, when your doctor tells you that will have to use this drug, then you need to know a few things that are very important. Many people will have to use this drug for the rest of their life. Also, patients must have their blood tested at a physician's office or clinic every four to six weeks. As every person is different, you have to work with your doctor.

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### COUMADIN PRECAUTIONS

- Avoid Alcohol
- Avoid foods that have Vitamin K
- Discuss all medicines you are taking, even cold medicines or aspirin, with your doctor and pharmacist as many drugs might interact with Coumadin
- Always tell other health care professionals that you are taking Coumadin
- Avoid serious falls or traumas
- Report for PT/INR tests as scheduled by your healthcare provider

***If you forget to take a tablet, tell your doctor. Take the missed dose as soon as possible on the same day. DO NOT take a double dose the next day to make up for the missed dose.***

### REPORT THESE PROBLEMS TO YOUR DOCTOR

- Fever or developing illness, including vomiting, diarrhea, infection, pain, swelling, discomfort, or other unusual symptoms
- Prolonged bleeding from cuts or nosebleeds; unusual bleeding from gums when brushing teeth; increased menstrual flow or vaginal bleeding.
- Red or dark brown urine; red or tarry black stools.
- Unusual bruising for unknown reasons.
- Pregnancy or planned pregnancy.

## WHO IS ANNIE LAURIA?

An Interview  
by  
Doug Graham

Annie Lauria is a doctoral student in the Department of Speech and Hearing Sciences at the University of Washington, where she works with Margaret Rogers, PhD. Annie's field is adult neurogenic communication disorders, although her specialty is Traumatic Brain Injury. During her first year at UW, Annie was a clinical supervisor in the SPHS Clinic.

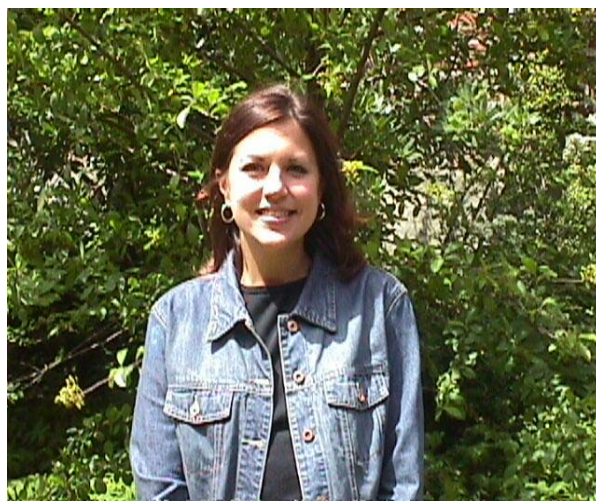
Annie was born in Bay City, Michigan and has one sister. Her parents still live in bay City. A little trivia about Bay City: The story goes that a rock and roll band from the UK threw a dart on the map of the US, which landed on Bay City. They decided to call themselves The Bay City Rollers.

Annie went to school at Michigan State University and DePaul University, where she got her BA. She then received her MA in speech-language pathology from the University of Iowa where she focused on children with brain injuries.

Annie is currently a resident in the Magnolia area and she has a cat that is called "Riggs". She likes jazz, blues, '70's music, and funk. She likes sports, playing soccer, hiking, working out at the gym, and having slumber parties with her friends from the university. This summer she is going to hike to the summit of Mt. Adams with some other friends. This mountain is over 12,000 feet tall, so this is quite a big thing to do.

Annie's favorite foods are very eclectic, from breakfast foods to chocolate ice cream and sushi. Her current automobile is a Chrysler, but she would prefer to have a new VW.

Most recently, Annie has been working on a research grant that is studying spouses of aphasia and communication techniques. In the future, she plans to work at a speech-language pathology clinic or university. She also looks forward to perhaps moving to Chicago.



Annie Lauria, MS CCC-SLP

Interviews are conducted and written by Doug Graham. If there is someone you are interested in learning about here at the University of Washington or within the aphasia community, please let us know.

You can email Catherine Off at: [cattalk@u.washington.edu](mailto:cattalk@u.washington.edu) or call the SPHS clinic.

**EVENT REVIEW:  
Folklife Festival 2002**

By Carmen Seabrook

The Northwest Folklife Festival is held every year over Memorial Day weekend at the Seattle Center, since 1972. The festival is produced by Northwest Folklife, which is an independent, nonprofit organization. The primary focus of Northwest Folklife is to promote the cultural heritage of Pacific Northwest communities.

I have been to the Festival a few years now, and have thoroughly enjoyed it every time! There is so much to see, hear and do! It is delightful to watch a variety of performances, from Appalachian

clog dancing to African drum circles. In addition to enjoying dancing and singing, there are numerous workshops to take part in. There are also interesting items for sale, craft and cooking demonstrations, films, exhibits and terrific food. It is fascinating to learn about so many different cultures that are represented in the Northwest.

I would highly recommend the festival for anyone and everyone to attend, as long as you can handle large crowds (about 220,000 attend each year)! The event is free, with donations encouraged! See you next year!

**NEWS & UPCOMING EVENTS**

**June 2002:**

*National Aphasia Awareness Month*

**NEW WEB SITE:**

*Aphasia Hope Foundation*  
[www.aphasiahope.org](http://www.aphasiahope.org)

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**Doug Graham** is both a member of the UW Speech and Hearing Clinic Aphasia Group as well as the primary editor of *In Search Of...* Doug suffered a stroke approximately four years ago, and has been a dedicated member of the aphasia group since 1999.



**Carmen Seabrook** is working towards her M.S. in Speech-language Pathology at the University of Washington. She graduated from Western Washington University one year ago. She enjoys spending time with friends and family and loves to backpack!



**Catherine Off** is a doctoral student (Dept. of Speech and Hearing Sciences) and a clinical supervisor in the SPHS Clinic for adult neurogenic communication disorders.

