

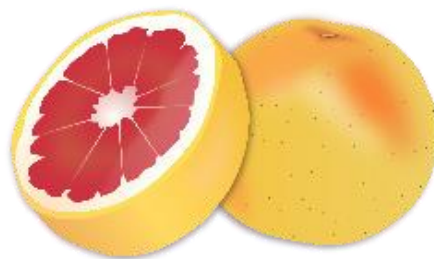
## Common Food-Drug Interactions

### 常見的食物與藥物之間相互作用

#### Statin and Grapefruit

##### “STATIN” 和葡萄柚

**Statin** is a class of medications that lowers cholesterol level in your blood by reducing liver cholesterol production. Examples of statins include: Lipitor, Lescol, Mevacor, Praachol, Zocor, Crestor, etc. Grapefruit has the ability to increase or decrease absorption of certain drugs such as cholesterol-lowering statins, it can cause the body to metabolize drugs abnormally, resulting in lower or higher than normal blood levels of drugs. It is best to avoid or significantly reduce intake of grapefruit juice when taking these medications.



“**STATIN**” 是一種降膽固醇的藥物。藥物例子包括 Lipitor, Lescol, Mevacor, Praachol, Zocor, Crestor, 等等。葡萄柚有增加或減少藥物效力的作用，造成藥物水平在血液中過低或過高。服用這類藥物時最好減少或避免攝取葡萄柚。

#### Coumadin and vitamin K rich foods

##### “薄血丸”和含高維生素 K 的食物

**Coumadin** (brand name for warfarin) is an anticoagulant prescribed by physicians to treat or prevent blood clots in veins or arteries, which can reduce the risk of stroke, heart attacks and other serious

conditions. Coumadin does not thin the blood, but rather causes the blood to take longer to clot by interfering with clotting factors such as vitamin K. To help Coumadin work effectively, it is important to keep your vitamin K intake as consistent as possible. Sudden increases or decreases vitamin K intake may result in decrease or increase the effect of Coumadin.



**Coumadin** 簡稱“薄血丸”是由醫生配給病人的抗凝血劑，是用於治療或預防靜脈或動脈血管閉塞，可以降低中風，心臟病發作和其他疾病的風險。“薄血丸”並不會導致血液稀薄，而是乾擾維生素

K 的凝血特性，導致血液凝固的時間加長。為了幫助“薄血丸”有效地發揮作用，保持維生素 K 的攝取量是非常重要的。突然增加或減少維生素 K 的攝取量可能會導致“薄血丸”的作用減弱或增加。

Examples of vitamin K rich foods include, but are not limited to: Kale, mustard greens, collard greens, spinach, turnip greens, brussels sprouts, broccoli, asparagus, soybeans, pickles, etc.

含高維生素 K 的食物的包括(但不限於)：羽衣甘藍，芥菜，菠菜，白蘿蔔，芽甘藍，西蘭花，蘆筍，大豆，醃黃瓜等等。

INR (International Normalized Ratio) or PT (Prothrombin Time), a blood test that measures how long it takes blood to clot, is usually ordered by doctors who prescribe Coumadin. To keep INR/PT stable and within the recommended range, it is important to take medicine as prescribed, check INR regularly and keep vitamin K intake consistent.

“INR” or “PT” 是指血需要多少時間才會凝固，驗血報告是需要醫生下命令的。為了保持 INR / PT 在標準範圍內，請按照醫生的指示服藥，定期檢查 INR，並保持維生素 K 的攝取量。

## Diuretics and Potassium

### “利尿劑”和鉀質

**Diuretics** (water pills) help remove water, sodium and chloride from the body. Diuretics generally reduce swelling and excess fluid, it can also treat high blood pressure. Some diuretics cause loss of minerals such as potassium while other diuretics like triameterene lower the kidneys' ability to remove potassium, which can cause high levels of potassium in the blood stream. Too much potassium can be harmful and can cause irregular or rapid beating of the heart.

“利尿劑”簡稱去水丸，功能是幫助身體排水，鈉和氯化物。利尿劑一般用途是減少水腫和多餘的液體，治療高血壓。一些利尿劑會導致礦物質如鉀流失，其他利尿劑如 triameterene 會降低腎臟去除鉀的能力，這會導致血液中鉀含量過高。太多的鉀是有害的，並可能導致心臟不規則或快速跳動。

Examples of potassium rich foods include, but are not limited to: banana, sweet potato, tomato, watermelon, spinach, beans, avocado, beets, mango, orange, nuts, etc.

含鉀高的食物包括(但不限於)：香蕉，蕃薯，番茄，西瓜，菠菜，豆類，牛油果，紅菜，芒果，橙，果仁等。



## Monoamine Oxidase Inhibitors (MAOIs) and Tyramine-Containing Foods

### “MAOIs” 和酪胺 (Tyramine)

**MAOIs** are a class of drugs for treatment of depression, parkinson's disease and several other disorders. MAOIs balance the level of certain chemicals in the brain by inhibiting the enzyme known as monoamine oxidase. By taking MAOIs, the breakdown of amino acid tyramine from food will be affected and high blood levels of tyramine can cause a sudden, dangerous increase in blood pressure. Avoid foods and drinks that contain tyramine when you use MAOIs and follow your physician's instructions.

“MAOIs” 是一種治療抑鬱症，帕金森病和其他疾病的藥物。 MAOIs 的功能是平衡腦中的化學物質 Monoamine Oxidase。通過服用 MAOIs，會影響食物中氨基酸“酪胺”(Tyramine)的分解，血液中太高“酪胺”濃度會影響血壓，導致突然升高，危及生命的。使用 MAOIs 並遵照醫生的指示，避免含有“酪胺”的食物和飲料。



Examples of tyramine-containing foods include, but are not limited to: chocolate, aged and mature cheese, smoked and aged/fermented meats, hot dogs, some processed lunch meats, fermented soy products, soy sauce, draft beers, etc.

含“酪胺”(Tyramine)的食物包括(但不限於)：巧克力，老化的芝士，煙熏/發酵的肉，熱狗，加工的肉/午餐肉，發酵的豆製品，醬油，生啤酒等。