

## Hazardous Health Products in HHT

- People have used herbs and other natural health products for thousands of years to strengthen the body and help treat disease.
- Natural health products may cause side effects and interact with other supplements and medications. Please speak with your doctor about all natural health products you are taking to make sure they are safe for you.
- Because you suffer from a disorder where you can bleed very easily, products that may thin your blood or reduce your ability to clot are very dangerous. Sometimes, this can be a side effect of a product that is advertised for another use. Below lists common natural health products that have been found to increase the possibility of bleeding.
- Dietary sources of these products are **not** harmful to you, such as garlic in pasta sauce or adding ginger root as a spice. When these substances are taken in a pill or liquid form, the dangerous components are concentrated, and the product may increase your risk of bleeding or bruising. **You should not be taking any of these products in a pill or liquid form.**

### **Panax Ginseng** - *American Ginseng, Korean Red Ginseng, or Asian Ginseng*

- Commonly used for: treating fatigue or stress, reducing high blood sugars, boosting your immune system, and reducing high blood pressure.
- Possible side effects: high blood pressure, insomnia, restlessness, anxiety, euphoria (extreme happiness), diarrhea, vomiting, headache, **nosebleed**, breast pain, and breakthrough **vaginal bleeding**

### **Ginkgo Biloba**

- Commonly used for: increasing peripheral blood flow, decreasing high blood pressure, increasing blood flow to the brain, and improving blood supply after a stroke.
- Possible side effects include: stomach upset, rash, dizziness, and headaches. Ginkgo biloba may **decrease your ability to form clots**; there have been some reports of **internal bleeding** while taking ginkgo biloba.

### **Ginger Root (*Zingiber officinale*)**

- Commonly used for: decreasing nausea associated with pregnancy, motion sickness, and chemotherapy, as well as treating arthritis pain
- Possible side effects include: belching, bloating, heartburn, burning sensation on tongue when taken in a powder form. In any form, Ginger **alters your ability to clot, leading to an increased risk of bleeding**

### **Garlic (*Allium sativum*)**

- Commonly used for: decreasing blood pressure, preventing stomach, colon, and rectal cancers, preventing the common cold, and increased insulin production and sensitivity
- Possible side effects: GI distress or irritation during the initial doses, headache, fatigue, decreased appetite, body aches, dizziness, asthmatic reaction or skin rash, **decreased ability to clot increasing the risk of bleeding and bruising.**

### **Melatonin**

- Melatonin is a natural hormone in your body responsible for regulating your sleep-wake cycle.
- Commonly used for: inability to fall asleep (insomnia), chronic fatigue syndrome, cluster headache prevention, and jet lag.
- Possible side effects include: vivid dreams or nightmares, drowsiness during the day, stomach cramps, dizziness, headache, irritability, decreased libido, and **increased risk of bleeding**, especially when taken in combination with angelica, clove, danshen, red clover, willow **and** the above listed herbs.

### **Fish Oil - *Cod Liver Oil, Alpha-Linolenic Acid, Omega Fatty Acids***

- Commonly used for: treating asthma, preventing cardiovascular disease, reducing inflammation (cystic fibrosis, inflammatory bowel disease, rheumatoid arthritis) supporting infant eye and brain development, and reducing the risk of stroke.
- Possible side effects include: Bloating, belching, loose stools, nausea, increased risk of hypoglycemia, **increased risk of bleeding and bruising**

## Feverfew

- Commonly used for: prevention and treatment of migranes and for reduction of inflammation in the vascular tissues such as in rheumatoid arthritis
- Possible side effects include: Upset stomach, heartburn, diarrhea, constipation, bloating, flatulence, nausea, and vomiting. Other reported side effects include nervousness, dizziness, headache, trouble sleeping, joint stiffness, tiredness, menstrual changes, rash, pounding heart, and weight gain. During pregnancy there is concern that feverfew might cause early contractions and miscarriage. **May see increased bleeding due to inhibition of platelet aggregation.**

## Vitamin E

- Commonly used for: preventing cardiovascular disease, as an antioxidant (removes cell damaging molecules from the body), to relieve menstrual cramps and to maintain mental capacity with age.
- Possible side effects include: nausea, diarrhea, stomach cramps, tiredness, dizziness, blurred vision, headache, birth defects, and an **increased risk of bleeding**