

# Vitamin K antagonists appear to be well tolerated

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(HealthDay)—Vitamin K antagonists (VKA) are well tolerated and have

a minimal effect on quality of life, according to a study published online June 21 in *Circulation: Cardiovascular Quality and Outcomes*.

Hilde A.M. Kooistra, M.D., from the University of Groningen in the Netherlands, and colleagues conducted a prospective cohort study involving 240 new and 567 long-term VKA users. Using the validated Study Short-Form 36 and Perception of Anticoagulant Treatment Questionnaire, they measured general quality of life and VKA [perception](#) scores at inclusion and at three months.

The researchers found that during the initial three months, Study Short-Form 36 scores improved in the new patients to a level comparable with the general population. The median convenience score was 95 at three months and was higher in older patients and lower after bleeding. The median satisfaction score was 64. VKA perception scores were highly comparable for long-term patients and new patients. There was mild improvement in the convenience score for patients with increased individual time in therapeutic range; in [patients](#) with new comedication, satisfaction scores decreased.

"VKA were well tolerated in real life, and the influences of patient- and treatment-related factors on VKA perception were very limited," the authors write.

Several authors disclosed financial ties to the pharmaceutical industry.

**More information:** [Abstract](#)  
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