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Online Community: Blood thinners and mammograms

As if a woman with heart disease doesn't have enough to think about already, a Heart Sister recently checked in with the **WomenHeart Online Community** ([link](#)) to find out if anyone had experienced bruising when having a mammogram. Renee's concern was connected to the prescription blood thinners that she takes to help control cholesterol, as these medications do make it easier to bruise.

Every woman who responded to Renee assured her that they had not experienced any bruising during mammograms since starting on blood thinners, but some Heart Sisters did note that they seem to bruise more easily these days. It turns out that women especially are at increased risk of bruising as they age, whether or not they take blood-thinning medications, fish oil, or aspirin therapy; however, if you think that you are experiencing abnormal bruising, talk to your doctor about your concerns and be sure to mention any medications or supplements that you are taking that may contribute to bruising.

To learn more about bruising and blood thinners, check out **this information from Mayo Clinic** (<http://www.mayoclinic.com/health/easy-bruising/HQ00355>). And sign into the **WomenHeart Online Community** to talk to other Heart Sisters about their own experiences — it's free to join and a great source of ideas and information.