

## 62. Alternative medicine - PlasminPlus

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**Q: "I had a pulmonary embolism and deep vein thrombosis last year. I got them driving non-stop 21+ hours from N.Y. to Florida a few times. I had a Greenfield filter installed and my pulmonologist suggested I take coumadin® for life. But since I have no family history of clots and all blood tests for clotting abnormalities have tested negative I disagree with that. Have you heard of the alternative from China called PlasminPlus? You can read extensively about it at [this link](#). [They] claim is that it has no side effects and is totally natural. Please let me know your opinion about it.**

**A:** I had not heard of PlasminPlus before. I reviewed the description on the webpage mentioned above; the website does not provide any scientific information or references, just some non-descript pseudoscientific talk. Nothing on PlasminPlus has been published in peer-reviewed journals. My opinion: I would not take PlasminPlus and would advise patients not to take it.

Regarding the patient above: For full assessment several other details about his/her DVT and PE are needed (How extensive were the DVT and PE? Why was a Greenfield filter placed? Does he/she still have a lot of symptoms of shortness of breath or leg pain and swelling? Does a repeat Doppler ultrasound show remaining clot in the legs?). I often recommend long-term warfarin (coumadin) in patients with IVC filters (also see [Q/A 4](#)). If a patient with IVC filter is doing well and has no remaining clot in the legs, I discuss the risk and benefit of long-term warfarin with the patient. We then sometimes decide to stop the warfarin. If the patient above did not have a Greenfield filter one could make a good argument for not continuing warfarin, since his/her DVT and PE were triggered by a transient risk factor, the long car ride. The risk of recurrent clot, while off warfarin, would likely be low, if he/she took frequent breaks during future long-distance car rides.