

Janne

Your Age: 64

Profession: Burials and protection of property officer

Star sign: Sagittarius

Favourite food: Pasta

Favourite exercise: Wondering around

What makes you the most happy? I have friends that have a young baby, every time that he sees me he gives me the biggest and wants me to pick him up.

What makes you sad? Knowing now how different my life is since the clots, the limitations, I had planned to get to retirement at 65 and travel, I now feel that has gone out of the window because it has taken away my confidence to do that.

The Clot Story

At what age did you have your first clot? 59

Where were your clots? Right leg

What caused your clot? I had had a chest infection that caused me to be stuck in bed for over a week.

What has changed for you emotionally and physically since having your clot's? Physically I suffer a lot of pain from the post thrombotic syndrome, and I get very very bad cluster headaches that come and go especially if I'm under any kind of stress. As time goes on the emotional side is much worse than the physical side as any ache or pain makes me think that I might have a new clot. This made

worse when I had my second clot which caused a pulmonary embolism and I realised that could have been the end. I don't think I have got my head around the fact that I have survived, I feel that I wouldn't survive if I had it again. I wouldn't have got through any of this if I didn't have the friends that I made through Thrombosis UK, and the support that I have now.

Did it change your life? And if so for better or for worse? Yes absolutely, it's made me acutely aware of how precious life is, it's made me aware that I should make more of the fact that I still have my life. Although I still struggle to do that at times.

Why do you want to raise awareness of blood clots? Because it frustrates me that a lot of people still think this only happens if your confined on an aeroplane on a long distance flight. More than that it frustrates me that so many of the medical profession have little or no awareness of the signs and symptoms of blood clots.

If a friend or family member were to describe your journey what would they say? I don't think anyone that hasn't been through this actually understands what it means, much like many invisible illnesses.

Because what has happened isn't visible, people think you're fine and you're ok but you're not and it is very difficult to deal with that.



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