

## Adrian Dewey

**Age:** 26 and 15 years

**Profession:** Photographer

**Star sign:** Aries

**Favourite food:** Thai Curry

**Favourite exercise:** Football

**What makes you the most happy?** Making other people happy

**What makes you sad?** People being selfish.



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ADRIAN

## The Clot Story

**At what age did you have your first clot?** 38

**Where were your clots?** Leg and lungs

**What caused your clot?** Sitting for too long/ family history

**What has changed for you emotionally and physically since having your blood clot?** Appreciating life and trying to make other people appreciate life too! Not letting little things affect my life anymore and helping others to see the bigger picture.

Wanting to cram as much into life as possible, I don't feel like I want to waste any minutes or hours, if I can keep improving myself as a person or in work then I don't want to waste that time.

Physically I look after myself a lot more, I've never smoked.

It makes me more aware of myself physically and emotionally. I am aware of aches and pains and how to look after myself. It's made me physically fitter.

**Did it change your life? And if so for better or for worse?** Before the clots I played at being photographer, had fun meeting people and wanting to earn enough money to buy beer and buy a new T- shirt in

TK Maxx. Now I am much more dedicated to being the best photographer I possibly can be, not necessarily the best photographer in the world but the best I can be personally. This new found drive has led me to much more success and happiness. I am a lot calmer.

**Why do you want to raise awareness of blood clots?** I automatically want to do. I have that overwhelming want to help other people.  
Because I am grateful for my own life.

**If a friend or family were to describe your journey what would they say?**  
Worrying and potentially heart breaking, it affects them a lot more than you think.