

Chris / Clotty / Clotty Runner

Your Age : 51

Profession: IT Project Manager

Star sign: Scorpio

Favourite food: Marmite on toast

Favourite exercise: Running

What makes you the most happy? Being with the family, running and playing bass guitar with my band.

What makes you sad? Not doing the above.



The Clot Story

At what age did you have your first clot? 28

Where were your clots? In my leg.

What caused your clot? Dehydration from running. Protein C deficiency

What has changed for you emotionally and physically since having your clot? I don't think I have been affected emotionally, physically it's frustrating as I wanted to run again. It aches when you stand up for a long time, it aches when you run for a long time, it limits the training I can do.

Did it change your life? And if so for better or worse. I feel both lucky and unlucky, I feel unlucky to get it, when learning about other patient stories. I feel lucky that it didn't move, lucky that I haven't had a string of DVTs, PE's, and that I can still run.

Why do you want to raise awareness of blood clots? I think that people don't realise that it can happen to anyone, I am a classic example of this I was 28, fit and didn't know what a DVT was.