

## Clare

**Age:** 36

**Profession:** I am a lady of leisure! (By this I mean too ill to work so I am constantly harassed by my two darling children! Over the past few weeks this has included dance teacher, hairdresser, party planner, music editor, cleaner, cook, logistics management, counsellor, nurse) a volunteer and Trustee for Thrombosis UK.

**Star sign:** Leo

**Favourite food:** Chorizo

**Favourite exercise:** Running around after the kids

**What makes you the most happy?** My children smiling.

**What makes you sad?** People being negative

## The Clot Story

**At what age did you have your first clot?** 25

**Where were your clots?** Left leg initially then, the groin, lung, arm and brain

**What caused your clot?** Antiphospholipid Syndrome (APS)

**What has changed for you emotionally and physically since having your clot's?** I have a more positive and a carefree attitude to life. Because you never know which day will be your last.

**Did it change your life? And if so for better, for worse.** It changed my life for the better, I met Mark, we had two children and I have not looked back since.



**Thrombosis UK**

Awareness • Research • Care

[www.thrombosisuk.org](http://www.thrombosisuk.org)

**Why do you want to raise awareness of blood clots?** Because it's a serious condition that is not given the credit it's due.

**If a friend or family were to describe your journey what would they say?**

That I am one of the bravest people they know and I never give up.

