

Diane

Age : 43

Profession: HR Manager

Star sign: Aquarius

Favourite food: Curry

Favourite exercise: Hockey but I can't play it anymore because of my leg so now it's hiking.

What makes you the most happy? Family and friends.



The Clot Story

At what age did you have your first clot? 39

Where were your clots? Ankle to abdomen

What caused your clot? They don't know.

What has changed for you emotionally and physically since having your clot? Everything has changed physically, I have to consider where I sit, where I go, how I will get out the car, how to put my socks on. Generally positive, every now and then I take time away about half an hour to feel sorry for myself and cry, then I feel better and can carry on.

Did it change your life? And if so for better or for worse? My whole outlook for life has changed, I take advantage of life because for two years I worried that I didn't know if I would wake up. Now I think it's for the better, I fundraise for Thrombosis UK,



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wouldn't have thought of doing these things before and I feel better. It's made me into a more positive person, because you could sit and cry all day but I think I need to fight this, I have changed as a person. I always looking for the positives.

Why do you want to raise awareness of blood clots? Because I don't want this to happen to anyone else, I couldn't walk for 3-4 weeks or stand up for more than 10 seconds and thought it was due to operation because I didn't know to look for blood clots.

If a friend or family were to describe your journey what would they say? *"They see that Diane appreciates life, she doesn't plan to do things does them! Like Ben Nevis and Snowdon. Diane is a do-er not a gona....."* Tony

"Focussed on getting better. Real determination helped massively I think. Nothing short of miraculous, but shows what sheer grit can do xxx"



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