

Beeta

Age: 26

Star sign: Virgo

Favourite Food: Mac 'n' cheese

Favourite exercise: Yoga and tennis



What makes you the most happy? Good conversation, my fiancé, reading and being creative.

What makes you most sad? Inequality, prejudice, lack of provision for mental health.

The Clot Story

At what age did you have your first clot? 21

Where were your clots? In three veins on my left side, from the knee to waist.

What caused your clot? Most likely May Thurner Syndrome, possibly triggered by the combined pill. It isn't obvious

What has changed for you emotionally and physically since having your clot? The psychological impact, especially anxiety, is greater than most people realise. I wish more was done about that. There is an ongoing process of readjustment of expectations and acceptance of new normals. That can be tough. But it has also given me a more positive perspective on life and a greater sense of empathy towards other people. Physically, my leg has been swollen, discoloured and extremely painful. I couldn't walk without crutches for some months. Four years on, however, I've had operations to manage my Post-Thrombotic Syndrome and whilst I still take blood-thinning medication, generally things are on the up!

Did it change your life? And if so for better, for worse. Yes - it's easy to argue it's for worse but the whole experience and the perspective it has given me essentially make me who I am today.

Why do you want to raise awareness of blood clots? Because I had no idea what clots are or of their long term impact until it happened to me. It can happen to anyone so it's essential to recognise the symptoms. So many comments were made like: "Why are you still unwell? It's been ages" and "It must be psychological" so I'd also like people to understand that it can become a chronic condition.