

## Alan Watts

**Age:** 51

**Profession:** Printing press minder

**Star sign:** Aquarius

**Favourite food:** Everything!

**Favourite exercise:** Golf

**What makes you the most happy?** Walking the dog

**What makes you sad?** Thinking about things too much.

## The Clot Story

**At what age did you have your first clot?** 50

**Where were your clots?** In your leg

**What caused your clot?** I toppled backwards onto a metal ledge and then sat on it. I didn't think anything of it.

The first time I had a blood clot I thought I had pulled a muscle, I struggled to walk, within a couple of days I had to go to hospital. I then had three weeks where I couldn't walk.

With the second clot I had the early signs of a pulled muscle but I wouldn't have got it checked if I hadn't had a blood clot.

**What has changed for you emotionally and physically since having your clot?** It took me a few weeks to get my head around it, it affected me emotionally, and you think you're invincible but now with every pain you worry. It changes how you think about life, you look at it from a different angle. You realise what's important.

**Did it change your life? And if so for better or for worse?** At the time I thought it was the worst, I was worried I couldn't go



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back to work, now I say it's been for the best it's helped me to focus on the important things in life.

**Why do you want to raise awareness of blood clots?** Because it's such an easy thing to have happen.

Thrombosis UK Facebook page has taught me more than the GP could tell me about blood clots.

**If a friend or family were to describe your journey what would they say?** *"When my husband was first diagnosed with a blood clot in his leg, I remember being stunned and quite frightened of the outcome, the pain he was in was awful to see, and I remember thinking, oh my god can this get any worse, having not known anyone who had suffered with a blood clot I found it all very scary for him and me.*

*It took a while for the tablets to start working there magic, and now we know what the signs to look out for are, we can learn to live with the fact that Alan will have to take warfarin for the rest of his life ( a small price to pay I think). When I think about what could have happened if things were different and the clot had not started to disperse the outcome does not bear thinking about.*

*My hubby has dealt with this bravely and without fuss and there is life after DVT."* Karen (Alan's Wife).



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