

Chrissy

Age: 29

Profession: Charity Fundraiser

Star sign: Libra

Favourite food: Chocolate

Favourite exercise: Running/swimming

What makes you the most happy? Time with my fiancé, friends and family.

What makes you sad? Ignorance

The Clot Story

At what age did you have your first clot? 22

Where were your clots? In both of my lungs after going through my heart and causing damage.

What caused your clot? The combined contraceptive pill.

What has changed for you emotionally and physically since having your clot? Physically I was very unwell in the first two years, struggling to breathe, dizziness, fatigue and fuzzy headed feelings. I have improved massively I just know what can cause me chest pain and how to manage it and reassure myself that it isn't a new clot. Emotionally I have been more anxious, it took some time before I didn't feel the need to know where the nearest hospital was. I have been very scared that I will die young and conscious of any pain I have.



Thrombosis UK

Awareness • Research • Care

www.thrombosisuk.org

Did it change your life? And if so for better or for worse? It changed my life massively, at the time I lost my job, my ability to drive, my independence, my home, in Brighton, my financial security and my ability to go out and have fun with friends. From this point I built up my confidence, drive, passion and abilities through my fundraising for Thrombosis UK which then focused my career towards fundraising rather than social work.

Why do you want to raise awareness of blood clots? Because I didn't know about blood clots and despite being very unwell for 5 months and the only constant medication was the pill no one thought to check for clotting. It is a miracle that I am here today because my lungs were full of clots I would like more clots to be spotted sooner to save lives.

I also suffer from survivor's guilt and I hope that those who have lost their lives to blood clots would want me to raise the flag for them and others, awareness is key in saving lives.

If a friend or family were to describe your journey what would they say? *"It takes a lot of courage to be the one to speak out in society about a personal health issue that had a big impact in your life and could impact other peoples, you have not done this for any other reason but to spread awareness! I have the upmost respect for you, and your persistence on doing this!"*