

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

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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.