



## Leonie's story

My name is Leonie, I am 24 years old.

In September 2014 when I was just 22 years old, I was complaining of pain in my left thigh, which felt very much like a pulled muscle. I had this on Saturday and Sunday and by Monday morning my leg swelled by 5cm.

I went to my GP and he sent me to A&E. After blood tests and a Doppler Scan it was confirmed that I had multiple blood clots in my left thigh, described as extensive DVT's (Deep Vein Thrombosis). I was kept in hospital for one week.

I then met with my Consultant and was put on short term Warfarin anticoagulation treatment. I came off Warfarin in February 2015 and by April 2015 I had multiple DVTs in my right leg. I was complaining with the same symptoms but this time only 2cm swelling. It was then decided that I should stay on Warfarin for life as I was at risk of further clotting. My target INR range was 2-3. I always looked after myself with exercise and diet and never missed a dose of warfarin and was always in range.

In July 2016, I had multiple DVT's to the left of my Groin area while on Warfarin. I had the same symptoms, pain that felt like a pulled muscle but no swelling this time. I was kept in hospital for a week.

Since then I have undergone further investigative tests to ascertain a reason for my clotting but nothing showed up. I have now been diagnosed with multiple unprovoked DVT's. My new INR range is 3-4. It is scary that it can happen to me at any time. I feel safer staying on Warfarin but sometimes I am just angry that it has changed my whole life and I will never know why.