

April 28, 2008

I was exercising before I got diagnosed, but my doctor now says no exercise for 2 weeks. I haven't asked about restrictions on flying.

These clots are taken very seriously - in the brain, they cause strokes, in the heart, they cause heart attacks. My guess is that in the lungs, the tissue downstream from the clot is getting damaged, since it is not getting blood. I don't know if the damage is reversible. I haven't talked to a doctor since the clots were found.

But I am feeling pretty good, and I've done some pretty heavy yardwork without noticing any weakness. I'll be giving myself shots twice a day for a total of 10 days, and Friday I started taking a pill once a day, and I'll continue on the pills for at least 3 months. I get my blood tested every few days so they can see if my blood is getting thin enough. My only symptom - a cough - seems to be getting better.

We had a pizza party for Mom's 92nd birthday yesterday at Megan's in Grand Rapids. She's as lively as ever. Aunt Shirley (age 90) was there; Aunt Nina (95) did not attend. She's OK, but has trouble walking and doesn't like social events. Carol turned 60 today; we went out to lunch with her parents and her brother and sister.

Dad