

April 24, 2008

I've joined the ranks of the sickly.

I found out yesterday that I have 3 little blood clots in my lung, what's called a "pulmonary embolism". It started with throat discomfort last weekend. It seemed to be worse at night - I could breathe in, but exhaling made me cough. I thought it was a weird cold. On Wednesday, I went to see the doctor. He found no evidence of a cold, but when I told him I'd taken a trip to Costa Rica earlier this month, he scheduled me for a CT scan, and the clots were found. The doctor thinks sitting still on the long flight to or from Costa Rica might have been the cause.

I went back to the doctor this morning for instructions on injecting an anticoagulant into my belly - no problem. I have to do that twice a day. Tomorrow I begin taking another anticoagulant in the form of a pill. This one is Warfarin (rat poison). On Monday, I get some blood tests done to find out if the dosage needs to be adjusted.

It is 3:00 pm and I am feeling fine. Earlier this week, after the symptoms started, I was still exercising and doing strenuous yard work. There were few symptoms during the day. The doctor did tell me to lay off the running for a while.

Steve