PROFILE

Dara Woods

LIVING WITH HEREDITARY HAEMORRHAGIC TELANGIECTASIA (HHT)

Dara Woods is a married mother of 2 from Donegal, living and settled in Swords, Co Dublin who has a rare and hereditary genetic disorder of blood vessels called Hereditary Haemorrhagic Telangiectasia (HHT).

" I came from a family of nose-bleeders."

As a child, Dara suffered unexplained and recurrent nosebleeds,

'I came from a family of nose-bleeders. Nothing unusual was suspected as 3 out of 4 of my siblings also suffered nosebleeds, as did our Dad.'

However, as Dara grew older she spent most days dealing with her nosebleeds. Her pregnancies were difficult due to severe haemorrhaging daily through her nose. Nasal cautery was performed many times. Both of her children were also nose-bleeders but it wasn't until they became young teenagers they were diagnosed with HHT, which is a blood-vessel disorder where unexplained nosebleeds are the outward sign.

'Genetic testing of both my children & myself confirmed we all had HHT' explained Dara.

Sadly, her son Paul lost his life unexpectedly to HHT while on holidays in Paris at the young age of 22 years. HHT in his lungs had caused sudden rupture. His sister Katie continues to live an active and full life with her HHT. Constant monitoring & treatment of her HHT helps her to remain healthy.

RARE DISEASE

About Hereditary Haemorrhagic Telangiectasia:

HHT - Hereditary Haemorrhagic Telangiectasia - is a genetic disorder of the blood vessels causing AVMs (Arterio Venous Malformations) in many vital organs eg: Brain, Liver, Lungs and Gastro-Intestinal Tract. Telangiectasias are small AVMs and appear like tiny red dots on face, skin, lips, fingertips and lining of nose. 90% patients suffer recurrent & unexplained nosebleeds, often requiring blood transfusions and iron infusions. Other symptoms may include shortness of breath, anaemia, haemorrhage, brain abscess & seizures. Each child born of a HHT parent has 50-50 chance of inheriting the disorder. Knowing the signs and symptoms of HHT can lead to a faster diagnosis.