**For Immediate Release**

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**November is Pulmonary Hypertension Awareness Month**

**Local resident speaks out about rare, life-threatening disease**

**[CITY, ST] (November XX, 2018)** – November is Pulmonary Hypertension Awareness Month, recognized each year to draw attention to this progressive lung disease that is often misdiagnosed and can cause right heart failure and death. PH, also known as high blood pressure of the lungs, affects 25 million adults and children worldwide; more than 12,000 persons in the U.S. are diagnosed and getting care from clinicians who specialize in PH, while many more people are undiagnosed. While PH is incurable, early diagnosis and proper treatment can extend and improve a patient’s quality of life.

PH can result from the arteries in the lungs becoming damaged, narrowed or stiffened, forcing the right side of the heart to pump extra hard. Heart disease, connective tissue disorders, pulmonary emboli and many other common and rare conditions such as scleroderma, lupus, chronic liver disease, HIV and COPD, can put people at risk for developing PH. Symptoms are not necessarily specific to PH, but include shortness of breath, fatigue and chest pain. Consequently, people with the disease can go months, sometimes years, believing they have other more common illnesses, such as asthma.

**[INSERT 2-3 SENTENCE PARAGRAPH TELLING YOUR PH STORY]**

Pulmonary hypertension affects me personally because I *(live with, work with, take care of someone)* who has this disease.

***EXAMPLE 1: “I first began showing sporadic symptoms of PH when I was 13,” said Smithville resident Jane Doe, an adult living with PH. “I originally was diagnosed with asthma and sent home with an inhaler because of limited awareness of PH. My symptoms worsened, and after seeing multiple specialists and undergoing numerous diagnostic tests including a right-heart catheterization, it was determined that I have PH. Since my diagnosis, my PH care team has developed a treatment regimen that enables me to live my best life and remain active.”***

***EXAMPLE 2: “****My involvement in the field of pulmonary hypertension dates back to my fellowship years in pulmonary and critical care medicine,” said John Doe, M.D., a PH specialist in Jonesburg, Alaska. “I was fortunate enough to take care of a patient with pulmonary hypertension. In those early days, there was only one drug available, compared to XX treatments today. I realized that I wanted to be part of providing better care than what was available at that time. This is a tough disease that is often unrelenting, and I am hopeful that in my career we will ultimately be able to find a cure for this condition.”*

The Pulmonary Hypertension Association initiated the month-long campaign to draw awareness to this debilitating disease among the general public, health care professionals and elected officials. The campaign includes social media, advocacy and fundraising components to drive awareness and ultimately a cure for PH. For more information about PH, the campaign and how you can spread awareness, go to [www.phassociation.org/therightheart](http://www.phassociation.org/therightheart).

**About the Pulmonary Hypertension Association**

Headquartered in Silver Spring, Md., the Pulmonary Hypertension Association (PHA) is the country’s leading pulmonary hypertension (PH) organization. PHA’s mission is to extend and improve the lives of those affected by PH; its vision is a world without PH, empowered by hope. PHA achieves this by connecting and working together with the entire PH community of patients, families, health care professionals and researchers. For more information and to learn how you can support PH patients, visit www.PHAssociation.org and connect with PHA on Twitter and Instagram [@PHAssociation](https://phassociation.org/mypha-members/phassociation/) and on Facebook at [facebook.com/PulmonaryHypertensionAssociation](http://www.facebook.com/PulmonaryHypertensionAssociation).

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