

NOVEMBER IS...

# PULMONARY HYPERTENSION AWARENESS MONTH

## AWARENESS SAVES LIVES

PH is often misdiagnosed and poorly understood.

Join us at the Pulmonary Hypertension Association in spreading the word about this progressive, life-threatening disease.

**Share your story. It could save a life.**



Visit us at [www.phassociation.org/TheRightHeart](http://www.phassociation.org/TheRightHeart) to access these PH Awareness Month resources:

- A customizable press release to send to your local newspaper
- Ways to spread the word with your elected officials
- Shareable social media posts and profile pictures
- Tools to create a virtual fundraiser
- Resources for patients, caregivers and family members
- The Right Heart blog of patient stories
- A Calendar of PH events including PH Day of Action and Giving Tuesday

**A publication of the Pulmonary Hypertension Association.**

Our mission is to extend and improve the lives of those affected by pulmonary hypertension.

Phone: 301-565-3004 • Patient-to-Patient Support Line: 800-748-7274 • [www.PHAssociation.org](http://www.PHAssociation.org) •





## THE RIGHT HEART TO ADVOCATE

Take action Nov. 8 during Pulmonary Hypertension Awareness Month. Call, write, or visit your members of Congress to improve the lives of those living with PH during National PH Day of Action on Nov. 8. Use PHA's Action Center resources to contact your senators and representative about legislation that impacts the entire PH community, from protecting charitable assistance to limiting step-therapy.

Visit PHA's Action Center at [www.PHAssociation.org/Advocate](http://www.PHAssociation.org/Advocate).

Want to stay involved throughout the year? Join PHA's grassroots advocacy network by contacting Katie at [Advocacy@PHAssociation.org](mailto:Advocacy@PHAssociation.org) or 301-565-3004 x749.



## THE RIGHT HEART TO GIVE

Donations to PHA help fund support services, education programs and research initiatives that give hope to all those affected by PH. Here's how you can help raise money for PHA:

- Make a one-time gift at [www.PHAssociation.org/Donate](http://www.PHAssociation.org/Donate) or mail a check to PHA.
- Join PHA's monthly giving society, the *Sustainer's Circle*, by visiting [www.PHAssociation.org/Sustainers-Circle](http://www.PHAssociation.org/Sustainers-Circle).
- Start your own online fundraiser for PH Awareness Month at [www.PHAevents.org/AwarenessMonth](http://www.PHAevents.org/AwarenessMonth). Set a fundraising goal and raise money by asking friends, family and coworkers to donate to PHA through your page. Your personal page can be shared through email and posts on your social media account pages.
- Join the global day of giving back on Giving Tuesday, Nov. 27.



## THE RIGHT HEART TO VOLUNTEER

PHA's peer support network brings thousands of people living with PH and their loved ones together. Our network relies entirely on volunteers – individuals like you who spend a few hours each month answering PHA's toll-free number, responding to emails and hosting support group meetings. Trained and supported by PHA staff, you can ignite the flame of hope in others by sharing your story, providing information from PHA and being there for someone on this difficult journey.

Join hundreds of fellow patients and caregivers who are spreading the word: Although a PH diagnosis may feel isolating, you are not alone. Contact [Support@PHAssociation.org](mailto:Support@PHAssociation.org) or 301-565-3004 ext. 777. Apply to become a PHA peer support volunteer online at [www.PHAssociation.org/volunteer](http://www.PHAssociation.org/volunteer).

## THE RIGHT HEART TO RAISE AWARENESS

No matter how you celebrate Pulmonary Hypertension Awareness Month, share your plans with us and the rest of the PH community by posting on social media using #TheRightHeart and share your story at [www.PHAssociation.org/TheRightHeart](http://www.PHAssociation.org/TheRightHeart).