**For Immediate Release**

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

**November 14 is CTEPH Awareness Day**

**[CITY, ST] (November XX, 2018)** – November 14 is Chronic Thromboembolic Pulmonary Hypertension (CTEPH) Awareness Day, a day set aside each year during Pulmonary Hypertension Awareness Month to educate the public about this form of pulmonary hypertension (PH). PH can be described as high blood pressure of the lungs. It is thought to affect 25 million adults and children worldwide. CTEPH is a form of PH where the pulmonary arteries can be physically blocked by chronic blood clots in the lungs. Some patients with CTEPH also have other changes in their pulmonary arteries that can make them more narrow and stiff. This stops or slows blood from flowing through them and causes the right side of the heart to pump much harder. This can lead to right-heart failure and death.

PH is a progressive lung disease that often is misdiagnosed. Its symptoms—including shortness of breath, fatigue and chest pain—are not specific to the disease. Consequently, people with PH can go months, sometimes years, believing they have other more common illnesses, such as asthma. While PH is incurable, early diagnosis and proper treatment can extend and improve a patient’s quality of life.

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

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

***EXAMPLE 1: “I experienced shortness of breath since 2013, when I had an episode of pleurisy,” said Smithville resident John Doe, an adult living with PH. “When my breathing didn’t improve, I initially was diagnosed with allergies, then asthma and then being overweight. During this span of years, my symptoms worsened. It wasn’t until after seeing multiple specialists and undergoing numerous diagnostic tests, including a ventilation/perfusion scan and right-heart catheterization earlier this year that I was diagnosed with CTEPH. Since my diagnosis, I have had a thromboendarterectomy to remove blood clots in my lungs and I can now breathe again! It is my mission to make the public and health care professionals aware of CTEPH to ensure others do not go through the same delays I did.”***

***EXAMPLE 2: “****My involvement in CTEPH research dates back to my fellowship years in pulmonary and critical care medicine,” said Jane Doe, M.D., a PH specialist in Toledo, Tenn. “I cared for a patient with CTEPH, although in those early days there was little known of the disease and how to treat it. I realized then that I wanted to be part of providing better care than was available at that time. While not appropriate for all patients, today there is hope for many with CTEPH to live their best lives through a* ***thromboendarterectomy to remove blood clots in the lungs****.* ***It is my mission to make the public and other health care professionals aware of CTEPH to ensure early diagnosis and proper care.****”*

The Pulmonary Hypertension Association (PHA) initiated the month-long [Pulmonary Hypertension Awareness Month campaign](http://www.phassociation.org/therightheart) to draw attention to this debilitating disease among the general public, health care professionals and elected officials. PHA also created a web page specifically for CTEPH Awareness Day to educate health care professionals, all people with PH, those who have had a pulmonary embolism and the public about the symptoms and risks in order to help reduce harmful delays in diagnosis and treatment. For more information about CTEPH and how you can spread awareness, go to <https://phassociation.org/therightheart/cteph/>.

**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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