



WHAT IS PULMONARY HYPERTENSION?

Pulmonary hypertension (PH) is an umbrella term used to describe a group of complex, potentially fatal lung conditions characterized by high blood pressure in the vessels of the lungs that can lead to right heart failure.

PH can occur in relation to left heart disease, lung disease, blood clots in the lungs and other conditions. Genetics can also play a role. In some cases, there is no known cause.

Symptoms of PH include shortness of breath, fatigue and chest pain.

Since PH often mimics symptoms of asthma and other less threatening illnesses, many people may go months or years without an accurate diagnosis, and are then unable to get the full benefit from available therapies once they are finally diagnosed.



WHAT IS PULMONARY ARTERIAL HYPERTENSION?

One type of PH, pulmonary arterial hypertension (PAH), is a rare disease. Without treatment, individuals with PAH live 2.8 years past diagnosis on average.

Fortunately, there are now 14 available FDA-approved targeted treatment options for adults and one FDA-approved drug for children. Although life expectancy has more than doubled*, these drugs are complex and expensive. Currently, there is no cure for PH.

The disease commonly occurs in conjunction with connective tissue diseases, such as scleroderma and lupus; HIV infection; liver disease; congenital heart disease; and exposure to certain drugs, such as methamphetamine.



WHO IS IMPACTED BY PULMONARY HYPERTENSION?

Adults and children of all ages can develop pulmonary hypertension.

Women develop PAH more than three times as often as men and women of color have disproportionately poorer health outcomes.

**Benza RL, et al. Chest. 2012;142(2):448-456*

November is Pulmonary Hypertension Awareness Month

PHAssociation.org/AwarenessMonth



WHAT IS THE PULMONARY HYPERTENSION ASSOCIATION?

Founded in 1991 by patients, for patients, the Pulmonary Hypertension Association (PHA) is the oldest and largest nonprofit patient association in the world dedicated to the pulmonary hypertension community. Our mission is to extend and improve the lives of those affected by PH. To achieve our mission, PHA engages people with PH and their families, caregivers, healthcare providers and researchers worldwide who work together to advocate for the PH community, provide support to patients, caregivers and families, offer up-to-date education and information on PH, improve quality patient care and fund and promote research.



PHA envisions a world without PH, empowered by hope.



HOW DOES PHA CONNECT THE PH COMMUNITY?

PHA's 200 support groups serve patients, caregivers, medical providers, parents, children, bereaved families and anyone whose life is touched by PH. Along with telephone support groups, a toll-free Support Line, Facebook groups and an email mentor program, PHA's support programs serve over 15,000 patients and caregivers each year.

As the oldest and largest PH association in the world, PHA leads global initiatives such as annual World PH Day campaigns, convenes dozens of leaders at a biennial Summit and creates communication channels for nearly 90 PH associations worldwide.

Because PH often arises from another underlying condition such as COPD or blood clots, PHA partners with communities of those living with associated diseases to offer support and provide information about the risks, symptoms and screening for PH.

PHA's International PH Conference and Scientific Sessions unites 1,400 patients, caregivers and medical professionals every two years to learn about the latest research and lifestyle advice, and to connect and network. PHA's regional conferences, *PHA on the Road*, provide education for patients and caregivers in different areas of the U.S. every year.



HOW DOES PHA PROMOTE QUALITY PATIENT CARE?

PHA has provided more than \$8 million for PH research and provides continuing education for medical professionals through *PHA Online University* and in-person CME programs.

Since 2014, PHA has accredited more than 75 hospitals and clinics as Pulmonary Hypertension Care Centers (PHCCs). Many of these PHCCs participate in the PHA Registry (PHAR), which has enrolled more than 1,000 patients to help advance research.