

LIVE



Could it be *pulmonary hypertension?*

Pulmonary hypertension (PH) is often misdiagnosed due to its non-specific symptoms of breathlessness and fatigue.

PH is a rare and serious condition that causes high blood pressure in the pulmonary arteries and can eventually lead to heart failure.

In most people, it is associated with another condition such as congenital heart disease or connective tissue disease - but for some, it is idiopathic.

COMMON SYMPTOMS OF PULMONARY HYPERTENSION INCLUDE:

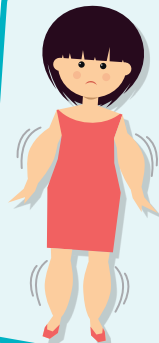
Shortness of breath with exercise



Feeling tired or dizzy



Swelling in the ankles, arms or stomach area



Fainting



Chest pain



Research by the PHA UK found that **48%** of patients wait over a year after first experiencing symptoms before being diagnosed, and **40%** have to see four or more doctors.*

DIAGNOSIS AND TREATMENT

Pulmonary hypertension is diagnosed via various investigations including echocardiograms, MRIs, and lung function testing. It is usually confirmed via a right heart catheterisation.

There are nine specialist pulmonary hypertension treatment centres across the UK – in London, Sheffield, Newcastle, Cambridge and Glasgow. Treatment options can be simple, or complex in more advanced cases. Some patients who fail to respond to treatment require transplantation.

Earlier diagnosis gives patients improved survival rates and a better quality of life.

Learn more about PH

The Pulmonary Hypertension Association (PHA UK) is the only UK charity that supports people with this condition. Bursaries are available for their CPD-accredited e-learning programme for **GPs** and **primary care nurses**, with many finding it useful for revalidation. Please email office@phauk.org for more details about this course.

Find out more about PH at www.phauk.org