Dear (name if known, otherwise address to ‘Editor’)

**I’d like to share my story of living with a rare disease for PH Day UK,**

**Friday 4th November**

I live in (name of town) and I’m writing to you to offer to share my experiences of living with pulmonary hypertension (PH) - a rare, life-limiting condition that causes high blood pressure in the blood vessels connecting the heart and lungs. There is no cure, and some people require heart and / or lung transplants.

Having PH affects me in the following ways: (Please describe how it makes you feel physically and emotionally, and any effect it has had on work / education / getting around).

PH Day UK, organised by the national charity the Pulmonary Hypertension Association (PHA UK), takes place on Friday 4th November 2022.

If you would like to speak to me as someone local living with PH, you can contact me on (telephone number and / or email address)

More people need to know about the condition, which is why I would like to share my story.

I would be happy to talk to you more about this. To speak to someone from the PHA UK, please email media@phauk.org.

You can find out more about the condition and PH Day UK via their website, [www.phauk.org](http://www.phauk.org).

Kind regards,

(name)