

FACTSHEET

PHA
UK →

Pulmonary
Hypertension
Association UK



#PHDayUK

Supporting someone with PH

If you know someone who has pulmonary hypertension (PH), this is how you can help them...

- Don't assume someone is ok just because they **'look'** well. Not all disabilities are visible.
- Some days will be good, some days will be bad, and others will be somewhere in-between. Be **understanding** and **patient** with these changes.
- Show **encouragement** on the better days and **compassion** on the days that aren't so good.
- Remember that PH can have an impact on **close friends** and **family** members too.
- **Don't judge.** PH creates lots of challenges and people are affected in different ways – both physically and emotionally.
- Many people with PH have to **'budget' their energy carefully**. Be understanding of their need to plan ahead or decline invitations.
- Spend some time learning more about the condition and how it impacts people's lives by visiting www.phauk.org and www.phocusonlifestyle.org

These tips were compiled with the input of people who live with PH



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**Scan to find
find out more
about how PH
impacts people**

