

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 life limiting 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.

Many people with PH are wrongly told they have asthma or anxiety.

Common symptoms of pulmonary hypertension include:

Shortness of breath



Feeling tired or dizzy



Swelling in the ankles, arms or stomach area



Fainting



Chest pain



2023 research by the PHA UK found that **51%** of patients wait over a year after first experiencing symptoms before being diagnosed, and **32%** have to see four or more doctors.*

*What it means to live with PH today' survey, conducted by the PHA UK in 2023. Registered Charity No. 1120756

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. Some patients who fail to respond to treatment require transplantation.

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