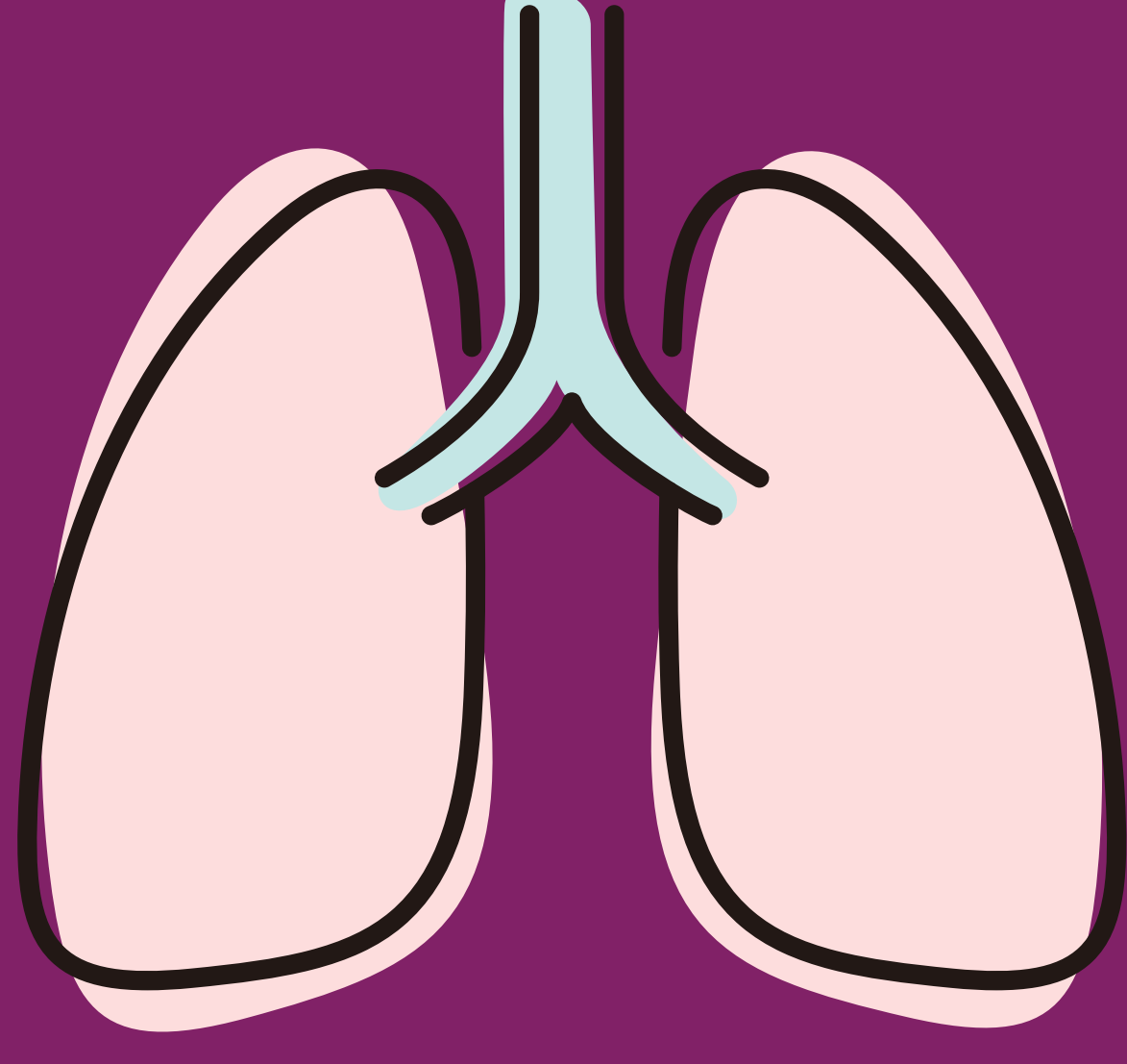


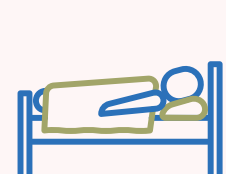
Do I Have High Blood Pressure in My Lungs?

High blood pressure in the lungs is called pulmonary hypertension (PH).



PH can affect your ability to do daily chores and physical activities, and to sleep, think and more. Untreated, PH can lead to right heart failure and death.

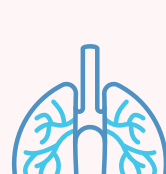
Common Symptoms



Fatigue



Palpitations



Low oxygen levels



Chest pain or pressure



Near-fainting/fainting



Swelling of the ankles or abdomen



Heart failure (in advanced cases)



Shortness of breath, especially with exertion

If you have a family member with PH, or if you experience symptoms that are not explained by other diseases, contact your doctor about a pulmonary hypertension evaluation.

Diagnosis



Additional tests may be needed to confirm your diagnosis. Here are the most common diagnostic tests for PH:

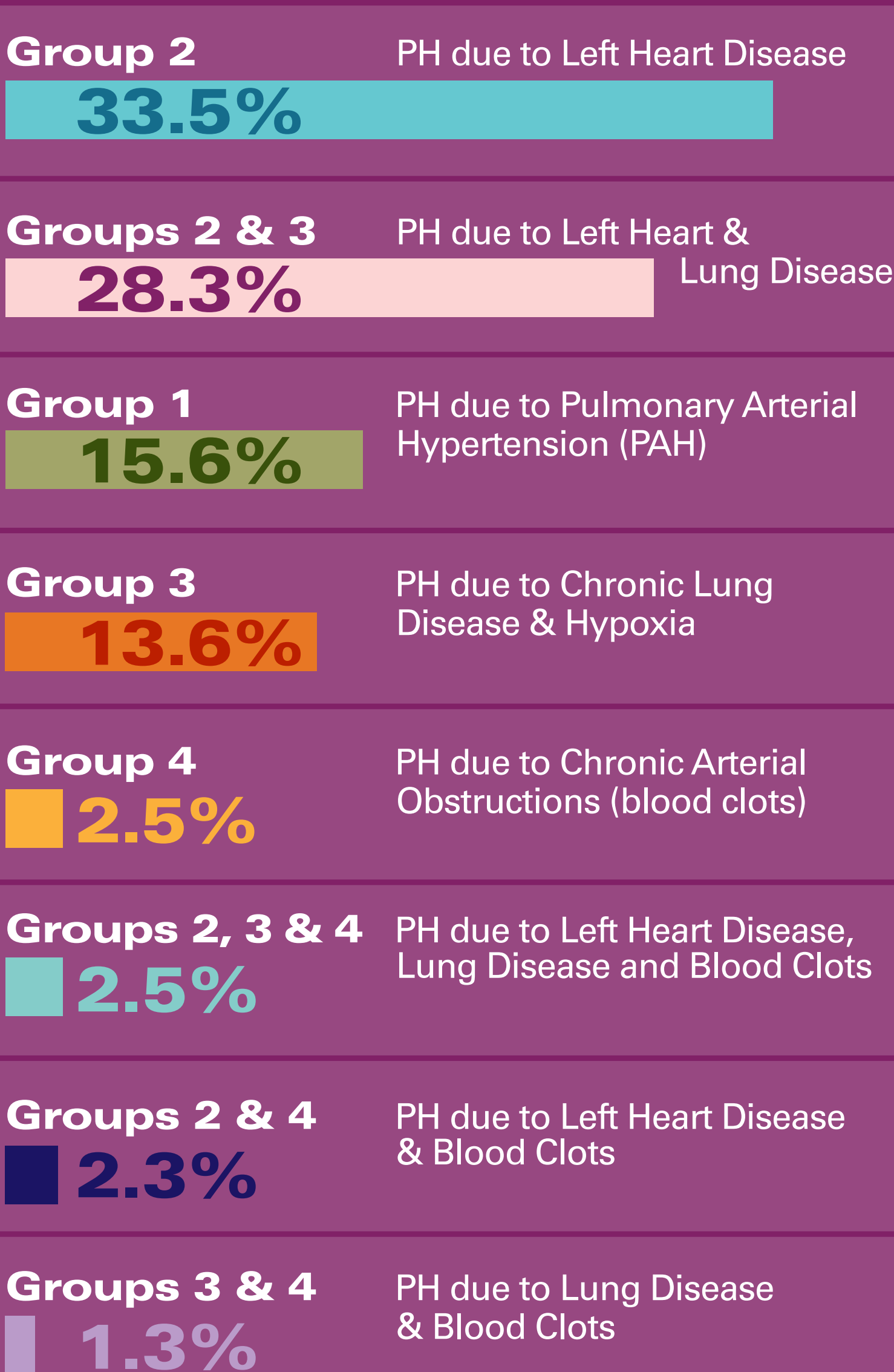
- Echocardiogram
- Heart Catheterization, the "gold standard" test to diagnose PH

The 5 Types of PH

Group	Type	Cause
Group 1	Pulmonary Arterial Hypertension (PAH)	Stiffness, narrowing or scarring of the pulmonary arteries
Group 2	PH due to Left Heart Disease	Left side of the heart does not pump correctly
Group 3	PH due to Chronic Lung Disease or Hypoxia	Shortage of oxygen, or emphysema, fibrosis or other lung disease
Group 4	PH due to Chronic Arterial Obstructions (blood clots)	Long-standing blood clots that block pulmonary arteries
Group 5	PH due to multifactorial mechanisms	Not fully understood

Most Patients Have PH Due to Left Heart Disease

Most Common Type of PH by WHO Group



Facts

LIVING ABOVE



8,200 FEET ELEVATION INCREASES RISK OF GROUP 3 PH



FEMALES DEVELOP PAH 2-3X MORE OFTEN THAN MALES

46% OF PAH CASES ARE FROM UNKNOWN CAUSES

Sources:
Circ Cardiovasc Qual Outcomes 2018;11(2):e003973
European Respiratory Journal Jan 2019, 53 (1) 1801913

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