

Have you been diagnosed with left-sided congestive heart failure?

- » Left-sided congestive heart failure occurs when the left side of the heart fails to properly pump blood throughout the body. This leads to an increase of pressure in the circulatory system and can lead to the development of pulmonary hypertension (PH).
- » 10-30% of people with underlying left-sided heart disease will develop PH.

What is PH?

- » Pulmonary hypertension (PH) is a disease that can strike anyone regardless of age, sex, or background, with an estimated 10,000 Canadians currently affected. If left untreated, the average life expectancy of someone with PH is less than three years.
- » PH is defined by high blood pressure in the arteries of the lungs, which causes an enlargement and weakness of the right side of the heart. This can lead to heart failure or even death.
- » People with left-sided congestive heart failure are at risk of developing a type of PH associated with left-sided heart disease. In such cases, doctors may focus on treating the underlying heart disease in order to improve or resolve the elevated pressure in the pulmonary arteries.

Symptoms

- Breathlessness
- Exercise intolerance
- Swollen feet/legs
- Fainting
- Fatigue
- Chest pain
- Light headedness
- Blue lips/fingers

1. **Get informed:** Recognize the symptoms of PH. If you have been diagnosed with left-sided congestive heart failure and are experiencing these symptoms, talk to your doctor about PH.
2. **Get screened:** The primary screening test for PH is an echocardiogram. Additional tests may be required to measure the functioning of your heart and lungs.
3. **Get referred:** There are PH clinics all across Canada. For more information visit www.SometimesItsPH.ca.

