

Do you have a history of pulmonary embolism?

- » Blood clots (also known as pulmonary emboli) can sometimes get lodged in the arteries of the lungs. These normally dissolve back into the blood stream but can sometimes get stuck, causing damage and scarring to the arteries.
- » This damage can obstruct blood flow through the arteries, increasing the blood pressure in the lungs and resulting in a condition called chronic thromboembolic pulmonary hypertension (CTEPH).
- » In the two years following pulmonary embolism, up to 4% of patients will develop CTEPH.

What are PH and CTEPH?

- » 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.
- » Chronic thromboembolic pulmonary hypertension (CTEPH) is a type of PH caused by past or recurring blood clots in the lungs.
- » CTEPH is the only form of PH that is potentially curable through surgery. People with CTEPH may also be prescribed medical treatments to help manage their condition.

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 a history of pulmonary embolism and are experiencing these symptoms, talk to your doctor about PH.
2. **Get screened:** The primary screening tests for CTEPH are an echocardiogram and V/Q scan.
3. **Get referred:** There are PH clinics all across Canada. For more information visit www.SometimesItsPH.ca.

