

Together

we are creating a better life for all Canadians affected by pulmonary hypertension.

“In the initial stages of our PH journey, we had an immediate need for education about the disease and connection with people fighting the same PHight. PHA Canada provided the medium to connect with others living with PH and discover what it meant to them.”

—Carson King, family member, Grand Falls-Windsor, NL

“PHA Canada means support! Amazing and caring individuals help bring us all together.”

—Heather Zloty, parent of child with PH, Langdon, AB

www.PHACanada.ca
info@phacanada.ca
1-877-774-2226



PULMONARY HYPERTENSION
ASSOCIATION OF CANADA
L'ASSOCIATION D'HYPERTENSION
PULMONAIRE DU CANADA



About PH

Pulmonary hypertension (PH) is a rare but very complex and serious lung disease that is progressive and potentially fatal. PH is defined by high blood pressure in the lungs resulting from inflammation or scarring in the pulmonary arteries. If left untreated, PH can lead to enlargement and weakness of the right-side of the heart, a serious type of heart failure.

PH shares a number of its symptoms with other conditions, resulting in many people being misdiagnosed. Without treatment, the average life expectancy of someone with PH is less than three years. Alarmingly, many patients spend more than two years seeking an accurate diagnosis. While there is currently no cure for PH, thanks to available treatments, many patients are living longer, healthier lives.

PH can strike people of all backgrounds, ages, and genders and can develop without any known cause.

It is estimated that approximately 5,000 Canadians have been diagnosed with PH, but as many as 10,000 may be affected by the condition.

PH is often referred to as an invisible chronic illness; people living with the disease may not look ill.

PH has significant financial, social, and emotional impacts on patients and their families.

Connect

PH can be an isolating disease, but you don't have to face it alone. There are over 5,000 people living with PH across Canada, along with countless caregivers and other supporters. Connecting with the PH community is a great way to gain additional support, learn from others living with PH, and become informed on issues affecting patients, caregivers, and families.

No matter where you are in Canada, there's a support system near you. Connect with others today!



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“To me, PHA Canada means that there are people who care and are fighting for me to survive. PHA Canada has impacted my life by letting me know that I am not alone in this.”

—Jas James, patient, Cobble Hill, BC



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Together..



in the
PHight

Thanks to PHA Canada, I was able to meet other people with PH shortly after my diagnosis. These encounters gave me hope when I needed it most.

—Judith Moatti, patient, Sainte-Clotilde, QC

To me, PHA Canada means community. Despite so few people in Canada having been diagnosed with PH, such a strong and dedicated community of patients, caregivers, and professionals has been established. It is comforting to be connected to others who truly understand how PH can affect several aspects of life.

—Renaé Mohammed, family member, Ajax, ON

About PHA Canada

PHA Canada is a federally registered charity whose mission is to empower the Canadian pulmonary hypertension (PH) community through support, education, advocacy, awareness, and research. PHA Canada was established in 2008 to represent a united Canadian PH community—including patients, caregivers, and health care providers—and to better the lives of all Canadians affected by pulmonary hypertension.



Charity registration number:
872050224RR0001

PHA Canada has been accredited by Imagine Canada's Standards Program since 2015.



Support

Creating opportunities for patients, caregivers, and families to connect, share their stories, and stay updated on news and events impacting the Canadian PH community.



Education

Informing patients and their loved ones throughout their PH journeys by providing free access to educational resources and events developed in collaboration with experts—specialized physicians, PH nurses, and experienced PHighters.



Advocacy

Empowering the PH community to raise its voice to ensure that all patients have access to optimal care and treatment so they may lead longer and healthier lives.



Awareness

Educating the medical community about PH to increase knowledge of the disease and decrease delays to diagnosis while raising awareness of the impacts of PH in the general public.



Research

Promoting the development of PH research in Canada by awarding research scholarships and informing the community of advances in the field.

Get Involved

Subscribe to *The Pulse* E-Newsletter

Don't miss a beat on what matters to PHighters. Subscribe to our monthly e-newsletter to stay up-to-date on PH community news and events.

Yes! I would like to receive electronic communications from PHA Canada.

Email: _____

Learn more & subscribe online at www.phacanada.ca/thepulse.

Subscribe to *Connections* Magazine

Published twice a year, *Connections* is a bilingual publication that brings together the Canadian PH community to inform, support, and celebrate one another.

Learn more & subscribe online at www.phacanada.ca/connections.

Support PHA Canada

Improve the lives of Canadians affected by PH. Tax receipts will be issued for gifts of \$20.00 or more.

I would like to make a donation of \$ _____

Cheque (payable to PHA Canada)
 Credit card
 Visa Master Card American Express

Name on card: _____

Card number: _____

Expiration: _____ CVV: _____

Donate online at www.phacanada.ca/donate.

Information

Please provide the following information:

Name (first and last): _____

Mailing address: _____

City: _____ Province: _____

Postal Code: _____ Phone: _____

Please mail forms and cheques to:

Pulmonary Hypertension Association of Canada
750 West Broadway, Suite 917, Vancouver, BC V5Z 1H8

