PORTAL HYPERTENSION

Portal Hypertension & PH

Have you been diagnosed with portal hypertension?

» Portal hypertension occurs when there is higher than normal pressure in the portal venous system that supplies blood to the liver.

» Portal hypertension can occur as a result of various conditions that impede liver function, most commonly cirrhosis

» People living with portal hypertension are at an increased risk of developing a type of pulmonary hypertension (PH) called pulmonary arterial hypertension (PAH). It is estimated that 1-5% of people with portal hypertension will develop PAH.

What are PH and PAH?

» Pulmonary hypertension (PH) is a disease that can strike anyone regardless of age, sex, or background, with an estimated 10,000 Canadians currently affected.

» 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.

» Pulmonary arterial hypertension (PAH) is a disease in which blood is not able to circulate normally in the lungs due to narrowing of the arteries. This results in increased blood pressure in the lungs, causing the heart to work harder to pump blood into the lungs.

» There is currently no cure for PAH but there are various treatments available that can help manage symptoms and slow down the progression of the illness.

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 portal hypertension 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.

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

www.SometimesItsPH.ca
Comprehensive information on pulmonary hypertension for medical professionals.