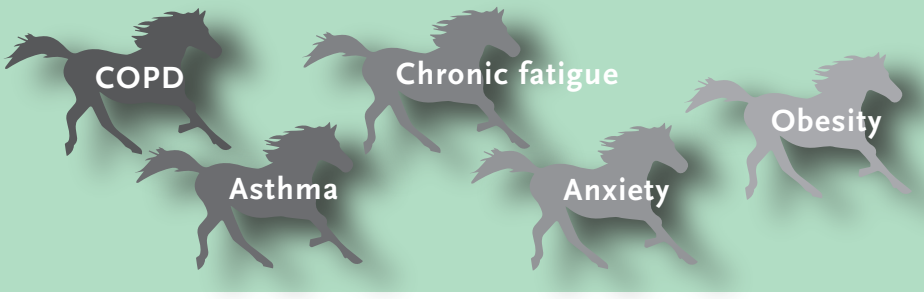
Sometimes It's PH

Sometimes what sounds like a horse...
Could be a zebra.



Pulmonary hypertension is a medical zebra.

Consider Pulmonary Hypertension

If You See

- **Dyspnea**
- **Fatigue**
- **Exercise intolerance**
- **Edema of ankles/feet or legs**
- **Chest pain**
- **Cyanosis**
- **Syncope**
- **Clinical signs of right-sided heart failure**

Risk Factors

- **Connective tissue disease** (scleroderma; lupus erythematosus)
- **Liver disease** (portal hypertension)
- **HIV infection**
- **Congenital heart disease**
- **Pulmonary emboli**

Why Consider PH?

- **PH symptoms are similar to those of other common conditions** (asthma, COPD, anxiety, chronic fatigue, etc.).
- Currently in Canada, **it takes more than 2 years for many patients to get diagnosed with PH**.
- **75% of patients have advanced PH** when they are diagnosed.
- Because PH is progressive, **early diagnosis is critical to optimal treatment**.

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

www.SometimesItsPH.ca

Comprehensive information on pulmonary hypertension for medical professionals.

Types of Pulmonary Hypertension

Pulmonary arterial hypertension (PAH)
WHO Group I

- **Idiopathic**
- **Associated conditions** (e.g. scleroderma)
- **Genetic**

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.

The heart can become enlarged, leading to right-sided heart failure and even death.

Chronic thromboembolic pulmonary hypertension (CTEPH)
WHO Group IV

CTEPH is caused by blood clots that do not entirely dissolve following **pulmonary embolism**, leading to the formation of scars within the pulmonary arteries that impede blood flow into the lungs.

After pulmonary embolism, up to 4% of patients may develop CTEPH within 2 years.

PH associated with left-sided heart disease
WHO Group II

- **Left-sided congestive heart failure**
- **Mitral valve disease**

PH associated with lung disease
WHO Group III

- **COPD**
- **Pulmonary fibrosis**
- **Sleep apnea**

PH caused by various other diseases
WHO Group V

- **Chronic renal failure**
- **Vasculitis**
- **Sarcoidosis**

Diagnosis & Referral

Investigations

- **ECHOCARDIOGRAM**
- **Blood tests**
- **Chest X-rays**
- **ECG**
- **Pulmonary function tests**

Referral to specialized centres for confirmation tests

- **Exercise tolerance tests**
- **CT scanning/imaging**
- **Ventilation/perfusion lung scan**
- **Right heart catheterization**

Treatment Options

- **A number of PAH treatments are approved in Canada** to slow disease progression and alleviate symptoms.
- **There is a potential cure for CTEPH through surgery.** Approved medical treatment may also slow disease progression and alleviate symptoms.
- **Centres specialized in the treatment of PH (adult and pediatric) and CTEPH are located throughout Canada.**

Visit www.SometimesItsPH.ca for diagnostic and referral resources and to learn about best practices in the diagnosis and treatment of pulmonary hypertension.

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

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