PULMONARY ARTERIAL HYPERTENSION

Pulmonary Arterial Hypertension (PAH) is a rare and progressive disease caused by narrowing of the arteries in the lungs. This causes pulmonary hypertension (high blood pressure in the lungs). PAH is one form of pulmonary hypertension and it requires specialist treatment. Other types of pulmonary hypertension may be treated differently.

Although there is no current cure for PAH, early diagnosis is essential to ensure timely treatment that can improve symptoms and a person's quality of life.

PAH diagnosis is **delayed** on average

3.9 years

On average it takes

5 GP visits

before a specialist referral is given.

CAUSES

PAH can affect males and females of all ages and ethnic backgrounds. Causes can include:

Family history of PAH

Drug and toxin induced

Association with other systemic diseases such as

- connective tissue diseases (scleroderma, lupus, rheumatoid arthritis)
- HIV infection
- Congenital heart disease
- Liver disease.

Idiopathic meaning the cause is unknown.

SYMPTOMS

Shortness of breath

Fatigue

A fast and/or irregular heartbeat

Dizziness

Light-headedness or fainting

Chest pain

Swelling in your legs or stomach

Lips and fingers turning purple or blue

DIAGNOSIS

The symptoms of PAH are nonspecific and can be mistaken for other diseases. It is important that the diagnosis of PAH is made by a physician who is an expert in this area. Diagnosis may require:

Chest X-ray

Blood tests

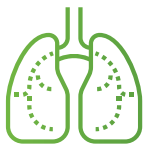
Lung function tests

Electrocardiogram (ECG) recording your heart's activity

Ultrasound of the heart

CT scans

Right Heart Catheterisation



Scan to compare blood and air circulation in the heart and lungs

SUPPORT

There are a range of treatment options, resources and support services available to help you live well with PAH.
Contact Lung Foundation Australia for more information.

i - Strange G, Gabbay E,Kermeen F, Williams T, Carrington M, Stewart S, et al. 2013;3 (1):89-94

IF YOU EXPERIENCE ANY SYMPTOMS SPEAK TO YOUR DOCTOR.

FIND OUT MORE

lungfoundation.com.au or phone 1800 654 301.

Lung Foundation Australia

when you can't breathe... nothing else matters®

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