

## What is PH

Pulmonary hypertension is high blood pressure in the lungs. It is different from the regular hypertension (also known as high blood pressure or systemic hypertension). In regular hypertension, the pressure in the arteries throughout the body is higher than it should be. In PH, the blood vessels specifically in the lungs are affected. They can become stiff, damaged or narrow and right side of the heart must work harder to pump blood through. If left untreated, PH can lead to right heart failure and death.

## Who Can have PH

PH affects people of all ages, races and ethnic backgrounds. Certain risks factors increases the chances of one getting the disease such as family history, certain drug use or pre-existing conditions which includes Left heart disease, lung disease, connective tissue disease (Lupus, scleroderma), Congenital heart defects, HIV, Blood disorders like sickle cell disease, Blood clots in the lungs. In some cases, **there is no known cause of PH**

There is currently no known cure for PH, but there are treatments that can manage PH and help patients feel better

Reference: [phassociation.org](http://phassociation.org)



Shortness Of Breath



Dizziness



Fatigue



Chest pain



Irregular heart beat



Fluid retention



Cyanosis (Blue tinted lips and skin)

