

Fast Facts

Pulmonary Hypertension

- High blood pressure in the blood vessels, usually the arteries, of your lungs
- Blood flow to the lungs is supplied by the right side of the heart
- Blood usually flows through the pulmonary vessels relatively easily, which means the blood pressure in the lungs is much lower
- When the pressure is increased, it causes significant changes to the blood vessels, such as the arteries become stiff, thick, inflamed, tight and result in extra tissue forming
- All of these changes reduce or block blood flow, which makes the hypertension worse
 - Categorized into five groups based off of the cause
 - Can take years for symptoms to become perceptible
- Treatment depends on the severity of symptoms (ranked on a I – IV scale)

Symptoms	Treatment	Prevention
<ul style="list-style-type: none">-Shortness of breath (at first with exertion and then while at rest)-Fatigue-Dizziness-Fainting-Chest pain/pressure-Racing heart rate-Palpitations-Bluish color to lips/skin-Swelling to ankles/legs and stomach	<p>Goal: Manage symptoms and slow the progression of the disease</p> <p>Medications:</p> <ul style="list-style-type: none">-Vasodilators-High doses of calcium channel blockers or soluble guanylate cyclase (SGC) stimulators-Digoxin- Diuretics (water pills)-Anticoagulants-Oxygen <p>Surgery:</p> <ul style="list-style-type: none">-Atrial septostomy-Heart or heart/lung transplant <p>Lifestyle:</p> <ul style="list-style-type: none">-Get plenty of rest-Exercise as tolerated-Don't smoke-Don't use illegal drugs or medications that can make symptoms worse-Talk to doctor about birth control/pregnancy-Avoiding doing activities that might suddenly lower blood pressure, like sitting in a hot tub/sauna, taking long hot baths/showers or prolonged straining (lifting heavy objects)-Eat a nutritious diet-Maintain a healthy weight-Get the flu and pneumonia vaccines yearly	<ul style="list-style-type: none">-Get regular exercise-Get enough sleep nightly-Eat a nutritious diet-Maintain a healthy weight-Don't smoke, use illegal drugs or use medications that increase risk of developing pulmonary hypertension

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