



Pulmonary
Hypertension
Association UK

www.phauk.org



My address

Date

Dear Practice Manager,

I am a patient registered with your practice and I am contacting you about a rare disease called **pulmonary hypertension (PH).**

PH Day UK, an awareness initiative organised by the Pulmonary Hypertension Association (PHA UK) is taking place on **Friday 6th November**.

I am writing to **ask if you will support this initiative** by displaying the enclosed poster in your waiting room and circulating the information on the back of this letter around your practice team.

PH is very serious, and often misdiagnosed. Research by the PHA UK found that 51% of patients wait over a year after first experiencing symptoms before being diagnosed, and 32% have to see four or more doctors.*

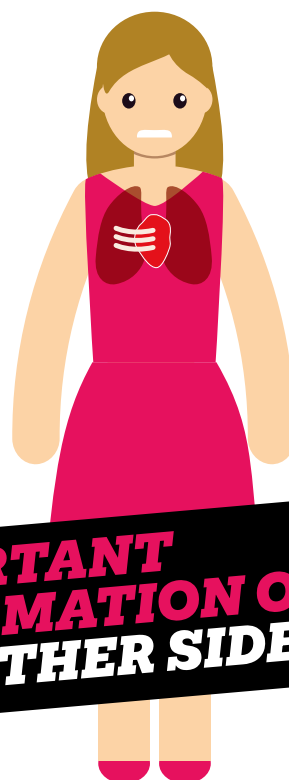
It is vitally important that more primary care practitioners are aware of this devastating condition so that treatment can be started early and quality and longevity of life for patients is improved.

If you would like further information, please contact the **PHA UK** on **0300 3735367** or at **hello@phauk.org**.

Thank you for taking the time to read this and I do hope you are able to support this awareness initiative in this small but important way.

Yours faithfully,

* 'What it means to live with PH today' survey, conducted by the PHA UK in 2023.



**IMPORTANT
INFORMATION ON
THE OTHER SIDE...**

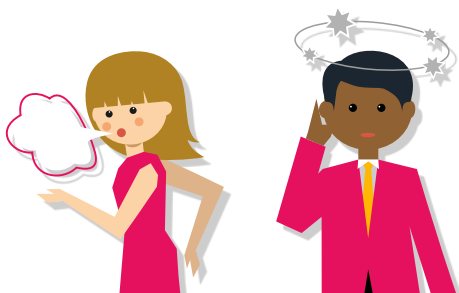


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COULD IT BE PULMONARY HYPERTENSION?

Common symptoms of PH include:



**SHORTNESS OF
BREATH WITH
EXERCISE**

FATIGUE



COUGH

**LIGHT-
HEADEDNESS
OR SYNCOPE**

**CHEST
PAIN**

Pulmonary hypertension (PH) is often misdiagnosed due to its non-specific symptoms of breathlessness and fatigue.

PH is a rare and life limiting condition that causes high blood pressure in the pulmonary arteries and can eventually lead to heart failure. In most people, it is associated with another condition such as congenital heart disease or connective tissue disease - but for some, it is idiopathic. **Many people with PH are wrongly told they have asthma or anxiety.**

Diagnosis and treatment

Pulmonary hypertension is diagnosed via various investigations including echocardiograms, MRIs, and lung function testing. It is usually confirmed via a right heart catheterisation. There are nine specialist pulmonary hypertension treatment centres across the UK – in London, Sheffield, Newcastle, Cambridge and Glasgow. Some patients who fail to respond to treatment require double lung and /or heart transplants. **Earlier diagnosis gives patients improved survival rates and a better quality of life.**

WHY TIMELY DIAGNOSIS MATTERS

Scan the code to watch patients explain the devastating impact of their delayed diagnosis of PH

