



SHARE YOUR PH STORY

One of the best ways to start conversations about pulmonary hypertension is to *share your story with your local media.*



This could be a newspaper, a radio station, or even a regional TV news programme. You might like to share how PH affects you personally, or how it affects someone you love.

Send the news outlet an email or letter which includes the following information:

- ✓ **Where you live, and how old you are**
- ✓ **Your connection to PH**
- ✓ **How PH affects you / the person you love (including how you feel physically and emotionally)**
- ✓ **Information about your treatments**
- ✓ **Why you want to share your story**
- ✓ **Your contact details**

If you're not sure who to send your email or letter to, you will be able to find out by calling the main switchboard number for the publication / media outlet.

A journalist may want to talk to you to find out more, so don't forget to include your phone number and / or email address when you contact them.

If you would like any advice on contacting your local media, please email mary@phauk.org