



LUNG & SLEEP CLINIC
OF ALASKA, INC.

Introducing our new Pulmonary Hypertension Clinic

What is Pulmonary Hypertension?

Pulmonary hypertension (PH) is a disorder of the lung characterized by elevated pulmonary arterial pressure which causes right heart failure. It is a **life-threatening** condition and, if left untreated, has serious consequences.

PH is **frequently** misdiagnosed. Its early symptoms can be confused with many other conditions. This disorder can cause severe disability and death. Medical treatment can improve the outcome.

What are the Symptoms?

- Breathlessness or shortness of breath, especially with activity
- Lightheadedness, especially when climbing stairs or upon standing up
- Swollen ankles, legs, or abdomen
- Chest pain, especially during physical activity
- Fainting

What are the Impacts to Me?

PH has been historically a chronic and incurable condition with a poor survival rate. **Many patients die from their disorder.** However, new treatments are now available which have improved the prognosis. Recent data indicate that the length of survival is improving, although it continues to be a difficult disease to treat.

What Can I Do?

Contact our office today for a consult with one of our specialists. We will obtain the necessary diagnostic testing, and will work with you to come up with a treatment plan that best fits your condition.

Did you know ...

- The average period of survival is only about three years for those who do not receive treatment.
- PH may occur in women in their mid-30s.
- The average age at diagnosis is 36 years old.
- About twice as many cases are reported in women as in men.

