

Pulmonary Hypertension



Also called:

- Pulmonary arterial hypertension
- PAH

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The purpose of this guide is to help patients with pulmonary hypertension and their families to find sources of information and support. This list is not meant to be comprehensive, but rather to provide starting points for information seeking. The resources may be obtained at the Wellness Resource Center, room 2101 in the Cardiovascular Center.

Brochures, Fact sheets

- Pulmonary Hypertension Association
 - *PH: Helpful Information for Patients and Families*
 - *10 Things to do When You, Your Child, or Someone You Love is Diagnosed with Pulmonary Hypertension*

Order free copies at: <http://www.phassociation.org/>

Book

- Oudiz, Ronald J. and Hayes, Gail Boyer. *Pulmonary Hypertension: A Patient's Survival Guide*. 3rd ed. Silver Spring, MD: Pulmonary Hypertension Association, 2010.

Audiovisual Resources

- Information Television Network. *Identifying Pulmonary Hypertension* (30 min.). DVD. Information Television Network, [2006].
Part of the public television series Healthy Body/Healthy Mind this program features specialists explaining the condition and patients describing how it affected their lives.
- Pulmonary Hypertension Association. *Faces of PH*. DVD.
This program presents the stories of 14 pulmonary hypertension patients.

Web Resources

- **American Lung Association – Sections on Primary Pulmonary and Pulmonary Arterial Hypertension**
 - Access at: <http://www.lungusa.org/>
 - Click on “Lung Disease”
 - Click on “Lung Disease List”
 - Scroll down and click on “Primary Pulmonary Hypertension” or “Pulmonary Arterial Hypertension”Information on symptoms, diagnosis, treatment, coping, and additional resources.
- **Know Your PH**
 - Access at: <http://knowyourph.org/>Information on symptoms, diagnostic tests, and treatment for pulmonary hypertension. This site also includes visual resources and a glossary of terms.
- **National Heart, Lung, and Blood Institute (NHLBI) – Section on Pulmonary Arterial Hypertension**
 - Access at: <http://www.nhlbi.nih.gov/>
 - Click on “Search the Diseases and Conditions Index”
 - Under “Lung Diseases,” click on “Pulmonary Arterial Hypertension”The section on Pulmonary Arterial Hypertension reviews signs and symptoms, treatment and living with Pulmonary Arterial Hypertension.
- **Pulmonary Hypertension Association**
 - Access at: <http://www.phassociation.org/>This site contains detailed information about pulmonary hypertension including a review of different types of pulmonary hypertension, treatment options and drug information.

University of Michigan Resources

- **The Preventive Cardiology program** at Domino’s Farms offers a number of relevant program and services Including:
 - Cardiac Rehabilitation Program
 - Exercise Consultations
 - Nutrition Services
 - Stress Management ServicesFor more information access <http://www.med.umich.edu/cvc/adult/serpre.htm> or call: 734.998.7400.

- **Tobacco Consultation Service**

Group and individual quit-smoking programs.

For more information access: <http://www.mhealthy.umich.edu/tobacco/> or call 734.936.5988.

Patient Support Organizations

- **Pulmonary Hypertension Association**

Web site: <http://www.phassociation.org/>

Phone: (301) 565-3004

Michigan Chapter Support Group:

Contact Beverly Lipmyer

Phone: 734-662-8433

e-mail: Beverlylip@comcast.net

This document is not intended to take the place of the care and attention of your personal physician or other professional medical services. Our aim is to promote active participation in your care and treatment by providing information and education. Questions about individual health concerns or specific treatment options should be discussed with your physician.

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