

Pulmonary Hypertension

INFORMATION GUIDE



Also called:

- Pulmonary Arterial Hypertension
- PAH
- PHT

The purpose of this guide is to help patients and families 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 Mardigian Wellness Resource Center located off the Atrium on Floor 2 of the Cardiovascular Center. Visit our website at <http://www.umcvc.org/mardigian-wellness-resource-center> and online Information guides at <http://infoguides.med.umich.edu/home>

Brochures, Fact sheets

- American Thoracic Society Patient Information Series
 - **Pulmonary Arterial Hypertension**
<http://www.thoracic.org/patients/patient-resources/resources/pulmonary-hypertension.pdf>
- Pulmonary Hypertension Association
 - **Living with PH: A Guide for Caregivers**
<https://tinyurl.com/te4fqsa>
 - **Navigating Pulmonary Hypertension: A Guide for Newly Diagnosed Patients**
https://issuu.com/phassociation/docs/pha_navigatingph_brochure

Book

- Pulmonary Hypertension Association. **Pulmonary Hypertension: A Patient's Survival Guide**. Silver Spring, MD: Pulmonary Hypertension Association, 2016.

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Web Resources

- **American Heart Association: Pulmonary Hypertension**
<https://tinyurl.com/y6z8j7j4>
Provides disease information, including symptoms, treatment, and lifestyle changes.
- **American Lung Association: Pulmonary Hypertension**
<http://www.lung.org/lung-health-and-diseases/lung-disease-lookup/pulmonary-hypertension/>
Provides information on symptoms, diagnosis, treatment, coping, as well as additional resources.
- **National Heart, Lung, and Blood Institute (NHLBI): Pulmonary Hypertension**
<https://www.nhlbi.nih.gov/health-topics/pulmonary-hypertension>
This section reviews signs and symptoms, treatment and living with Pulmonary Hypertension.
- **Pulmonary Hypertension Association**
<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.
- **Pulmonary Hypertension Association: PH Library**
<http://www.ourphlibrary.com/>
Provides resources and learning modules on Pulmonary Hypertension for patients, caregivers and patient organizations.

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Michigan Medicine Resources

- **Frankel Cardiovascular Disease Prevention & Rehabilitation Program** at Domino's Farms offers a number of relevant programs and services including:

- Cardiac Rehabilitation Program
- Exercise Consultations
- Nutrition Services
- Stress Management Services

For more information access <http://www.umcvc.org/medical-services/cardiovascular-disease-prevention-and-rehabilitation> or call: 888.287.1082

- **Frankel Cardiovascular Pulmonary Hypertension Program**
<https://www.umcvc.org/conditions-treatments/pulmonary-hypertension>
A multidisciplinary program accredited as a Comprehensive Care Center by the Pulmonary Hypertension Association.
- **Tobacco Consultation Service**
Group and individual quit-smoking programs.
For more information access:
<http://hr.umich.edu/mhealthy/programs/tobacco/> or call (734) 998-6222 or email quitsmoking@med.umich.edu

Patient Support Organization

- **Pulmonary Hypertension Association**
<http://www.phassociation.org/>
email: PHA@PHAssociation.org
Phone: 301-565-3004
Ann Arbor Support Group:
Contact Beverly Lipmyer
e-mail: Beverlylip@comcast.net
Phone: 734-662-8433

This document contains information and/or instructional materials developed by the Michigan Medicine for the typical patient with your condition. It may include links to online content that was not created by Michigan Medicine and for which Michigan Medicine does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

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