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, room 2101 in the Cardiovascular Center. Visit our website at www.umcvc.org/mwrc

**Brochures, Fact sheets**

- American Thoracic Society Patient Information Series
  - **Pulmonary Arterial Hypertension**

- Pulmonary Hypertension Association
  - **A Guide for Caregivers: What to Expect and How to Move Forward When Someone You Love Has Pulmonary Hypertension**
  - **A Guide for the Newly Diagnosed: Dealing with Change, Loss and the Emotional Impact of Pulmonary Hypertension**

**Book**

**Audiovisual Resources**

- Information Television Network. **Identifying Pulmonary Hypertension** (30 min.). DVD. Information Television Network, 2005.
  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.
Web Resources

- **American Lung Association – Sections on Primary Pulmonary and Pulmonary Arterial Hypertension**
  
  
  → Click on “Lung Disease”
  
  → Click on “Lung Disease Finder”
  
  → Click on “P”
  
  → Scroll down and click on “Primary Pulmonary Hypertension” or “Pulmonary Arterial Hypertension”

  Provides information on symptoms, diagnosis, treatment, coping, as well as additional resources.

- **Know Your PH**
  

  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**
  
  
  → Click on “See all Health Topics” under the “Health Topics” Heading
  
  → Click on “P”
  
  → Click on “Pulmonary Hypertension”

  This section reviews signs and symptoms, treatment and living with Pulmonary Hypertension.

- **Pulmonary Hypertension Association**
  

  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 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


- **Tobacco Consultation Service**
  Group and individual quit-smoking programs.
  For more information access: [http://hr.umich.edu/mhealthy/programs/tobacco/](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/](http://www.phassociation.org/)
  - email: PHA@PHAssociation.org
  - Phone: 301-565-3004

  Michigan Chapter Support Group:
  Contact Beverly Lipmyer
  e-mail: Beverlylip@comcast.net
  Phone: 734-662-8433

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