

# 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 can be found 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
  - **What is Pulmonary Hypertension?**  
<http://www.thoracic.org/patients/patient-resources/resources/pulmonary-hypertension.pdf>
- **Michigan Medicine**
  - Pulmonary Hypertension  
<https://www.med.umich.edu/1libr/CVC/PulmonaryHypertension/WhatIsPulmonaryHypertension.pdf>
  - What is Pulmonary Hypertension? Video  
<https://tinyurl.com/5dt2hcu9>
  - How is Pulmonary Arterial Hypertension Treated? Video  
<https://tinyurl.com/bddmst6u>

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- Pulmonary Hypertension Association
  - **Navigating Pulmonary Hypertension: A Guide for Newly Diagnosed Patients**  
[https://issuu.com/phassociation/docs/pha\\_navigatingph\\_brochure](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.

### 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>

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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: Living with PH**

<https://phassociation.org/patients/living-with-ph/>

Provides resources on Pulmonary Hypertension for patients and caregivers/

### 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

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- **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](mailto:quitsmoking@med.umich.edu)

### **Patient Support Organization**

- **Pulmonary Hypertension Association**

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

email: [PHA@PHAssociation.org](mailto:PHA@PHAssociation.org)

Phone: 301-565-3004

**Ann Arbor Support Group:**

Contact: Beverly Lipmyer e-mail: [Beverlylip@comcast.net](mailto:Beverlylip@comcast.net)

Phone: 734-662-8433

- **Support Information Materials**

- Pulmonary Hypertension Support Group for Patients & Families

<https://www.med.umich.edu/1libr/CVC/PulmonaryHypertension/PHSupportGroup.pdf>

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- Virtual Support for People Living with Pulmonary Hypertension  
<https://www.med.umich.edu/1libr/CVC/PulmonaryHypertension/PHAVirtual%20Support.pdf>

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