

# You've been told you have pulmonary hypertension: What's next?

In order to properly treat your pulmonary hypertension (PH), it is essential to accurately diagnose the type of PH that you have. Not all forms of PH are treated in the same way. In fact, treatments that are helpful in some forms of PH can actually make other forms of PH worse.



- 1.** In order to correctly diagnose you, your doctor will order a battery of tests that, when combined with the right heart catheterization, help the PH specialist know the proper diagnosis.
- 2.** After your testing and right heart catheterization, you will meet back with your PH team to go through the results and discuss a treatment plan. Three important questions will be answered:
  - Do you have PH?
  - If so, what type?
  - What are the next steps in treatment?
- 3.** Your PH team will then work with you to develop a comprehensive treatment plan for your PH. This plan may include prescription medications, oxygen recommendations for exercise, nutrition (especially sodium and fluid), sleep, and other supportive care.
- 4.** After a treatment plan is established, it is routine for your PH specialist to follow up with you in clinic approximately every 3 months with repeat testing and periodic telephone or virtual contact with other PH team members. Depending on how your PH is doing, you may need to follow up more or less frequently over time. It is important to realize that medications and routine follow up testing and visits are a part of living with PH.