

# ***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*. A printer-friendly format available at:  
[http://www.phassociation.org/Learn/Understanding\\_PH\\_broc.pdf](http://www.phassociation.org/Learn/Understanding_PH_broc.pdf)

## **Book**

- Oudiz, Ronald J. and Hayes, Gail Boyer. *Pulmonary Hypertension: A Patient's Survival Guide*. (3<sup>rd</sup> ed.) Silver Spring, MD: Pulmonary Hypertension Association, 2008.

## **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

- **The National Heart, Lung, and Blood Institute (NHLBI)**  
Access at: <http://www.nhlbi.nih.gov> click on: "Diseases and Conditions Index" and then on "Pulmonary Arterial Hypertension"  
The section on Pulmonary Arterial Hypertension reviews signs and symptoms, treatment and living with Pulmonary Arterial Hypertension.
- **PHCentral**  
Access at: <http://www.phcentral.org/>  
This site provides information and medical news about pulmonary hypertension as well as interactive features to connect patients, caregivers and healthcare professionals.
- **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 Cardiovascular Center – Learn About Cardiovascular Disease**  
Access at: <http://www.med.umich.edu/cvc/health/conditions.html>  
This site links to overviews of heart conditions and disorders, tests, procedures, treatments, prevention and wellness topics.

## 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 Organization**

- Pulmonary Hypertension Association

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

Tel.: (301) 565-3004

Michigan Chapter Support Group – contact Beverly Lipmyer, 734-662-8433  
or 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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Compiled by Ruti Volk, MSI, Wellness Resource Center Librarian

Approved by: Raquel Clayton R. N. and Sherry Howie R.N.