

Doctor Discussion Tool

Finding what's right for YOU

You're the one who really knows how you're doing day-to-day. Test results only tell part of the story. Sharing information about what you are able to do – along with the activities you have trouble doing or that cause you to have symptoms – helps your healthcare team better understand the complete picture of your PAH status.

Finding the right treatment plan

PAH is associated with an imbalance of 3 natural substances in the small blood vessels in your lungs: prostacyclin, endothelin and nitric oxide. Medicines are available to treat each of the 3 imbalances, also known as “pathways.” But each medicine works on only one of the pathways. If you are not treating all pathways, there may be more you can do.

THINGS TO DISCUSS WITH YOUR DOCTOR:

- My symptoms have improved but they're still impacting what I'm able to do. Is there anything more I can do to further reduce my symptoms?

- What were my test results today?

- Do the test results from today suggest that my PAH is at low, intermediate or high risk of getting worse in the next 5 years?

- What is your experience with each of the different treatment classes?

- What type(s) of PAH medicine am I taking now?

- Would a Prostacyclin-class medicine help improve my symptoms?

- What are the side effects of the medicine you are recommending and how will I manage them?

- Can I talk to other patients who have taken this medicine?

Be clear and specific with your doctor about the activities you can do and those that cause you to have symptoms.