Where Do Your Patients Want to Be in 5 Years?

Help your patients improve their prognosis by achieving low-risk status1-4
Formally Calculate Risk to Help Accurately Assess Your Patients\(^4,5\)

Know how your patients are doing today and how they will be doing in the future\(^1-3\)

PAST

Diagnosis  Follow-up  Follow-up

Assessing STABILITY is looking BACKWARD\(^3\)

FUTURE

Follow-up  Follow-up  Follow-up

Calculating RISK is looking AHEAD\(^4\)

Current visit

2015 ESC/ERS guidelines recommend a multiparameter approach to risk assessment because no single variable provides sufficient prognostic information.\(^4\)

In a study of 365 patients, where 118 were estimated to be low risk, \(80\%\) of these patients were reassigned to a higher risk category after formal risk calculation\(^6\)

<table>
<thead>
<tr>
<th>GESTALT</th>
<th>CALCULATED</th>
</tr>
</thead>
<tbody>
<tr>
<td>80% reassigned from low risk</td>
<td>~20% low risk</td>
</tr>
<tr>
<td></td>
<td>~70% intermediate risk</td>
</tr>
<tr>
<td></td>
<td>~10% high risk</td>
</tr>
</tbody>
</table>

CALCULATED RISK STATUS OF PATIENTS ASSESSED TO BE LOW RISK BY GESTALT (N=118)
WSPH 2018 Recommends Comprehensive Risk Assessments Every 3 to 6 Months

Calculate Your Patients’ Risk Status Using Only 3 Noninvasive Criteria

### Functional Class

Widely used as a measure of a patient’s functional status

**Low-risk goal**

Functional Class I/II

### 6-Minute Walk Distance

Most predictive parameter of 5-year survival in 2 European registries

**Low-risk goal**

>440 m

### NT-proBNP/BNP

- **Low-risk goals**
  - NT-proBNP <300 ng/L
  - BNP <50 ng/L

- Indicator of RV function in PAH

- A normal NT-proBNP/BNP has a 98% sensitivity to exclude the presence of either RAP >8 mm Hg, CI <2.5 L/l/m², or both
Make Low Risk the Goal

Achieving more low-risk criteria can improve your patients’ 5-year prognosis

The French PAH Registry*: In an exploratory subanalysis, patients were assessed for 3 low-risk criteria; transplant-free survival was estimated based on number of low-risk criteria present at first follow-up (n=603).

- WHO/NYHA: FC I/II
- 6MWD: >440 m
- NT-proBNP: <300 ng/L or BNP: <50 ng/L

Is it time to adjust your patients’ treatment to help them reach low risk?

*Patients enrolled in the French PAH Registry had idiopathic, heritable, or drug-induced PAH. Of these patients, 603 had baseline and follow-up with WHO/NYHA FC, 6MWD, and NT-proBNP or BNP measurements documented within 1 year of diagnosis.

†Median (IQR) follow-up, 4.4 (3.6-6.4) months.
Today’s Risk Assessment
Circle the values from today’s assessment.

Low Risk | Intermediate Risk | High Risk
--- | --- | ---
Functional Class
I, II | III | IV

6-Minute Walk Test
>440 m | 165-440 m | <165 m

NT-proBNP/BNP
- NT-proBNP <300 ng/L
- NT-proBNP 300-1400 ng/L
- NT-proBNP >1400 ng/L
- BNP <50 ng/L
- BNP 50-300 ng/L
- BNP >300 ng/L

How many low-risk goals has your patient met today?

What else can you do to help your patients meet more low-risk goals?
Your healthcare provider may use these 3 evaluations to perform a risk assessment to know if your treatment plan needs to be adjusted to help you feel better and do more.

### Functional Class
Shows how your symptoms impact your day-to-day activities

**Functional Class is divided into 4 groups**

- **Class 1**
  Can you ride a bike or go for a long walk without getting breathless?

- **Class 2**
  Do you need to pause to catch your breath when you climb stairs or go shopping?

- **Class 3**
  Can you walk to the end of your driveway without stopping to rest?

- **Class 4**
  Do you experience symptoms of PAH even when resting?

---

### 6-Minute Walk Test
Evaluates how far you can walk in 6 minutes

---

### NT-proBNP or BNP
Measures a chemical in your blood that shows how much strain is on your heart

---

**People who are able to achieve more low-risk goals sooner have a higher survival rate**

Ask your healthcare provider how you can achieve more low-risk goals

---

*Survival=living without lung transplant.*
Is it time to adjust your patients’ treatment to help them reach low risk?

6MWD=6-minute walk distance; BNP=B-type natriuretic peptide; CI=cardiac index;
ESC/ERS=European Society of Cardiology/European Respiratory Society; FC=Functional Class;
NT-proBNP=N-terminal pro–B-type natriuretic peptide; NYHA=New York Heart Association;
PAH=pulmonary arterial hypertension; RAP=right atrial pressure; RHC=right heart catheterization;
RV=right ventricle; WHO=World Health Organization; WSPH=World Symposium on Pulmonary Hypertension.


To obtain additional tear pads, please contact your United Therapeutics representative.

© 2020 United Therapeutics Corporation.
All rights reserved. US/DS/0416. Printed in USA.