

PULMONARY ARTERIAL HYPERTENSION

WHAT CAN YOU DO?



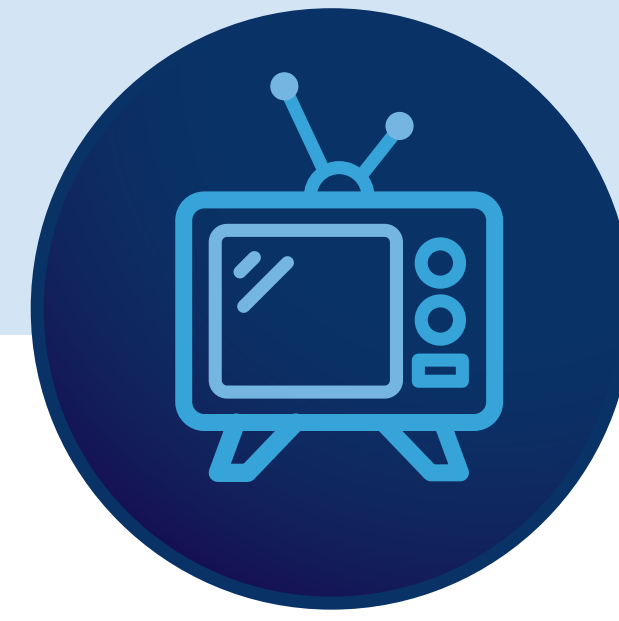
Can you ride a bike or go for a long walk without getting breathless?



Do you need to pause to catch your breath when you climb stairs or go shopping?



Can you walk to the end of your driveway without stopping to rest?



Do you experience symptoms even when resting?



Are there things you used to do but no longer can?

— Talk to your healthcare provider about all the symptoms you experience —

What's Your Risk Status?

Your test results inform how you are doing today. **Risk status** predicts how your PAH may change in the next 5 years.

There are 3 risk categories



The goal is to help you get here



How far did you walk in your 6-Minute Walk Test?

More than 440 meters is the low-risk goal

Do you know your Functional Class?

Functional Class 1 or 2 is the low-risk goal

If you are **intermediate** or **high** risk, talk to your healthcare provider **today** about adjusting your treatment plan to help improve your status.

What Can You Do? Act Now.