

PAH Today

NATIONAL BROADCAST

Beyond the Basics

Thanks for joining us for **Beyond the Basics**.

We hope you enjoyed the program. Here's a summary of the issues relating to pulmonary arterial hypertension (PAH) that were discussed during the program.

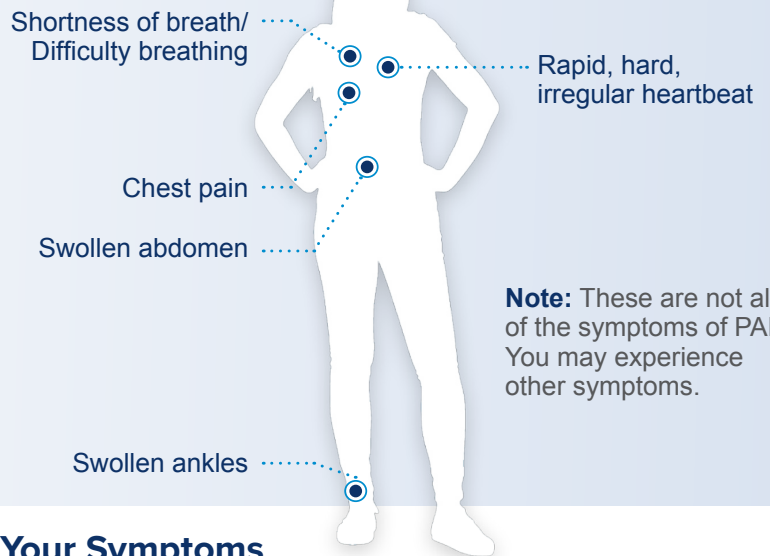


PAH Overview

- In PAH, the blood vessels in the lungs thicken and become narrow
 - This causes the right side of your heart to work harder to pump blood through the narrowed vessels
 - When the heart has to work harder to pump blood, you may begin to experience PAH symptoms
- Symptoms help healthcare providers diagnose PAH, but symptoms—and the activities that cause them—are also a critical element of monitoring your PAH over time

The Science Behind Your Symptoms

- Your body produces 3 natural substances that help blood vessels work properly
 - These substances are nitric oxide, prostacyclin, and endothelin
- When you have PAH, one or more of the substances becomes out of balance
- When this happens, you may begin to experience new symptoms or notice that your symptoms are not improving
- Different types of treatments are available to help balance these substances



Keeping Track of Your Symptoms

- Your healthcare provider uses Functional Class to measure how your symptoms impact your day-to-day activities
 - Your healthcare provider determines your Functional Class based on information that you provide; that's why it's important to be truthful when you describe your symptoms
- You can keep track of your symptoms with a symptom journal
 - This will help you and your healthcare provider determine whether your PAH symptoms are changing over time and what treatment options may be best for you

Get your own symptom journal at pahinitiative.com/pah-information-support/

Track Your Symptoms PAH Initiative

Learn more about PAH at pahinitiative.com

Track your symptoms
Use this form to keep track of your PAH symptoms. Your healthcare provider needs to know how you're feeling, what concerns you have, and what's happened since your last visit.

Talk to your healthcare provider
This information can help your healthcare provider make decisions about whether to adjust the dose of your medication or add medication to control your symptoms.

Date	My symptoms:

Learn more at PAHInitiative.com

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