

PAH Today

NATIONAL BROADCAST

PAH TODAY

Moving Forward

Get Informed

- Learn everything you can about pulmonary arterial hypertension (PAH). Advances are being made every day, so stay up to date by doing your own research routinely
- Use your resources! Keep in touch with your healthcare provider, advocate, caregiver, and others who help you along your journey
- Don't forget to remain informed about your own PAH by keeping track of activities that cause symptoms to occur and sharing any changes with your healthcare provider



Stay Motivated

- Get to know your personal and treatment goals, and then make sure they are aligned
 - A personal goal is something you want to achieve in your future, like being more active or spending more time with family and friends
 - A treatment goal is a clinical improvement that your healthcare provider has set for you
 - Where do you see yourself in the future? Writing down your goals and discussing them with your healthcare provider can help map out a treatment plan that moves you toward the future you want

Focus on Your Future

- Find a healthcare provider who specializes in PAH care and treats a large number of PAH patients. Check out phassociation.org/patients/doctorswhotreatph to find a PAH specialist
- Are you speaking up at every visit? Make sure you're having honest and deep conversations during every visit so your healthcare provider fully understands your current goals and activities. Is there more you could be improving?
- Remember, today's advances may help you focus on your tomorrows.



Stay confident. Stay empowered.

Learn more at PAHInitiative.com

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