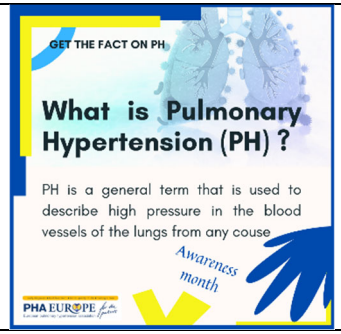
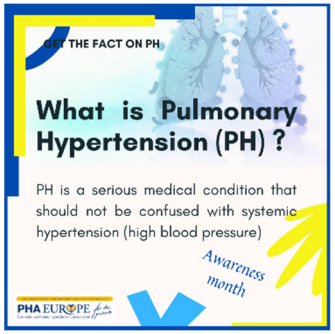
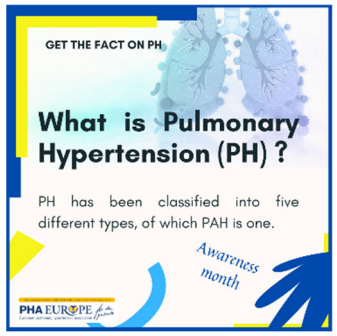
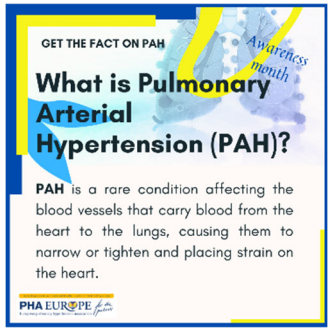
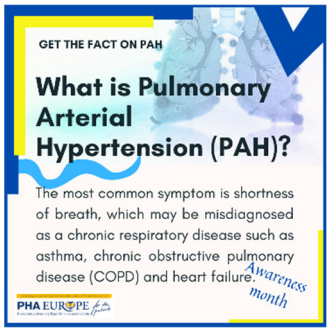
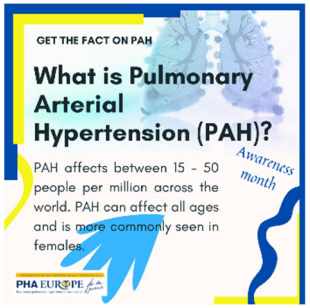
DATE	FORMAT	COPY	VISUAL/review
03.11.	Facebook and Instagram post	1. PH is a general term that is used to describe high pressure in the blood vessels of the lungs from any cause. 2. PH is a serious medical condition that should not be confused with systemic hypertension (high blood pressure). 3. PH has been classified into five different types, of which **PAH** is one. https://www.phaeurope.org/ **#PHAEurope #PulmonaryHypertension #PHMatters**	Visual 1.1 
05.11.	Facebook and Instagram post	People with Pulmonary Hypertension experience a range of symptoms that vary in intensity depending on the severity of their condition. However the most common symptom is **breathlessness:** shortness of breath (dyspnea) with no obvious cause during exertion or even at rest. Patients may also experience some of the following symptoms: • Excessive fatigue • Dizziness especially climbing stairs • Fainting (syncope), weakness upon physical exertion • Chest pain, especially during physical activity • Bluish lips and fingers • Palpitations • Swollen legs and ankles • Cough These symptoms can occur at rest or more frequently during periods of mild exercise, or simply walking around. https://www.phaeurope.org/ **#PHAEurope #PulmonaryHypertension #PHMatters**	Visual 1.2 

09.11.	Facebook and Instagram post	Pulmonary hypertension is classified into five groups, depending on the cause. **Group 1: Pulmonary arterial hypertension (PAH)** Causes include: • Unknown cause (idiopathic pulmonary arterial hypertension) • Changes in a gene passed down through families (heritable pulmonary arterial hypertension) • Use of some prescription diet drugs or illegal drugs, such as meth • Heart problems present at birth (congenital heart disease) • Other conditions such as HIV infection, chronic liver disease (cirrhosis) and connective tissue disorders (scleroderma, lupus, others) **Group 2: Pulmonary hypertension caused by left-sided heart disease** **Group 3: Pulmonary hypertension caused by lung disease** **Group 4: Pulmonary hypertension caused by chronic blood clots** **Group 5: Pulmonary hypertension triggered by other health conditions** https://www.phaeurope.org/ **#PHAEurope #PulmonaryHypertension #PHMatters**	Visual 1.3 
11.11.	Facebook and Instagram post	The pulmonary arteries are the large blood vessels responsible for transporting blood from the heart to the lungs to pick up oxygen. In PAH, the cells lining the inside of these arteries enlarge and multiply. As a result, the walls of the arteries may constrict and thicken, causing resistance to blood flowing through them and so increasing blood pressure. The right side of the heart has to work harder to pump blood through the arteries. This places an increasing strain on the heart, which causes it to enlarge and can lead to right heart failure. https://www.phaeurope.org/ **#PHAEurope #PulmonaryHypertension #PHMatters**	Visual 1.4 

16.11.	Facebook and Instagram post,	The signs and symptoms of pulmonary hypertension develop slowly. Patients may not notice them for months or even years. Symptoms get worse as the disease progresses. Pulmonary hypertension signs and symptoms include: • Breathlessness • Excessive fatigue • Dizziness especially climbing stairs • Fainting (syncope), weakness upon physical exertion • Chest pain, especially during physical activity • Bluish lips and fingers • Palpitations • Swollen legs and ankles • Cough https://www.phaeurope.org/ **#PHAEurope #PulmonaryHypertension #PHMatters**	Visual 1.5 
DATE	**FORMAT**	**COPY**	**VISUAL**
18.11.	Facebook and Instagram post,	Although a cure for this life-threatening disease is still some way off, there is much to be optimistic about. An ever-increasing number of treatments are becoming available that improve both quality and length of life for patients with PAH. The present aim is to ensure that all patients with PAH have access to centers of excellence in the diagnosis, management and ongoing treatment of their disease. In case of inherited disease research on gene therapy has started a while ago. https://www.phaeurope.org/ **#PHAEurope #PulmonaryHypertension #PHMatters**	Visual 1.6 

23.11	Facebook and Instagram post	There are many different treatments available for PAH which can improve both symptoms, quality of life and long-term outcomes • <u>Basic treatment</u> a) Oral anticoagulation (pills for thinning the blood) b) Diuretics (pills for removing water) c) Oxygen treatment • <u>Targeted therapy for pulmonary arterial hypertension</u> • Surgical options a) balloon atrial septostomy (only for group 4) b) thromboendoarterectomy (only for group 4) c) Lung transplant **https://www.phaeurope.org/** **#PHAEurope #PulmonaryHypertension #PHMatters**	Visual 1.7