

Being open about how you're really doing

You're the one who really knows how you're doing day-to-day. Test results only tell part of the story. Sharing information about what you are able to do – along with the activities you have trouble doing or that cause you to have symptoms – helps your healthcare team better understand the complete picture of your unique pulmonary arterial hypertension (PAH).

MY ONGOING SYMPTOMS:

Changes in symptoms and associated activities (list any symptoms you are still experiencing and whatever activities that seem to trigger them):

Finding the right treatment plan

PAH is associated with possible imbalances of up to 4 natural substances in the small blood vessels in your lungs: *prostacyclin, endothelin, nitric oxide and activin signaling*. Medicines are available to treat each of the 4 imbalances, also known as “pathways.” But each medicine works on only one of the pathways. **If you are still experiencing PAH symptoms or not reaching your goals, ask your specialist if there's something more you can do.**

Changes in activity levels (including anything you are doing less of because of symptoms):

THINGS TO DISCUSS WITH YOUR DOCTOR:

I'm still experiencing PAH symptoms. Looking at my list above, what else can I do to help me feel more like myself again?

Do my test results suggest that my PAH is at low risk, intermediate risk, or high risk?

What is your experience with each of the different treatment classes?

Which pathways do my current medications work on?

Would adjusting my treatment plan help me reach my goals? Should we consider adding a Prostacyclin-class medication?

What are the side effects of the medicine you are recommending and how will we manage them?
