

Pulmonary Hypertension

Pulmonary hypertension is a type of high blood pressure. It can occur when the pulmonary arteries become damaged.

These are the blood vessels that carry blood from your heart to your lungs.

Damage in the pulmonary arteries makes it harder for your heart to pump blood to your lungs.

As a result, blood pressure in the arteries rises. Over time, this condition can weaken your heart.

In many cases, pulmonary hypertension is caused by other health problems, such as: coronary artery disease; heart failure; liver disease; a blood clot in the lungs; or chronic lung diseases, like COPD.

But sometimes the cause is unknown.

If you have pulmonary hypertension, you may notice: shortness of breath, fast heartbeat, chest pain or discomfort, swelling in your legs, dizziness, and fatigue.

These symptoms may start suddenly or develop over time.

Pulmonary hypertension has no cure. But treatment can ease your symptoms.

Your healthcare provider may prescribe medicines to: lower the pressure in the blood vessels to your lungs, help your heart beat stronger, reduce swelling in your legs, or prevent blood clots.

You may also need oxygen therapy.

Often, treating the health problem that is causing pulmonary hypertension can help you feel better. In some cases, surgery may be needed.

Your healthcare provider may also advise lifestyle changes to improve your heart health. These include being more physically active, not smoking, and eating healthy foods.

You and your healthcare provider will make a treatment plan that's best for you.