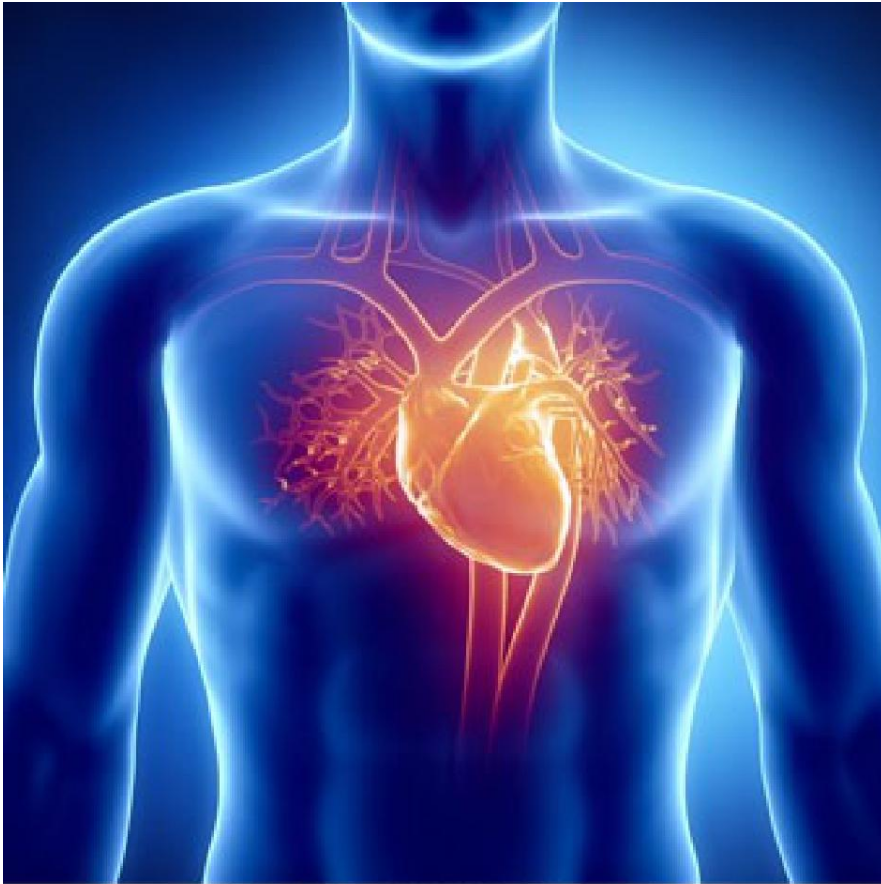## Pulmonary Hypertension (PH)

Overview

This is high blood pressure inside your pulmonary arteries. Those are the arteries that carry blood from your heart to your lungs. With this condition, your heart has to work harder to pump blood to your lungs. This is bad for your heart. It can cause serious health problems.

Causes

Pulmonary hypertension happens when your pulmonary arteries become hard and narrow, or because they are damaged or blocked in some way. In many cases, we don't know the cause. But there are things that can affect these arteries. Pulmonary hypertension may be linked to a heart defect, congestive heart failure and to other diseases and conditions. It may also be linked to a medicine you have taken.

Symptoms

At first, you may not notice any symptoms. But as it gets worse, it can cause shortness of breath, coughing and dizziness. You may feel tired. Your chest may hurt, and your heart may beat faster than normal. You may have swelling in your abdomen, legs and ankles.

Treatment

There is no cure for for pulmonary hypertension. But it can be managed. You may benefit from medications and a healthier lifestyle. You may benefit from oxygen therapy. If another condition is causing your pulmonary hypertension, getting treatment for that may help. Your healthcare provider can create a plan that is right for you.