

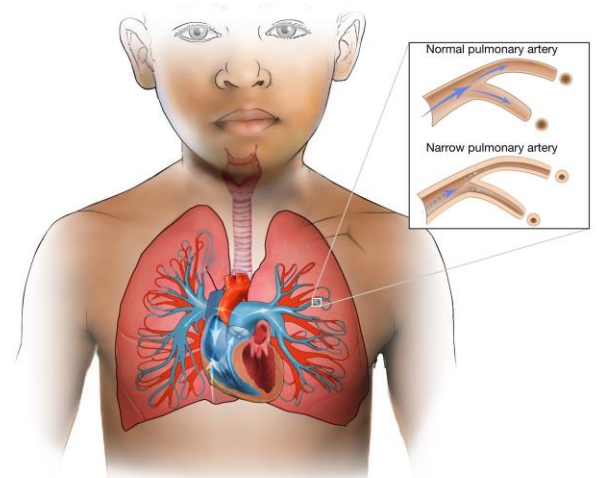
What is pulmonary hypertension?

Pulmonary refers to the lungs. Hypertension means high blood pressure. Pulmonary hypertension is high blood pressure that affects:

- The blood vessels in the lungs.
- The right side of the heart.

The blood vessels in your child's lungs are narrowed or blocked. This causes blood flow to slow down as it moves through their lungs and the blood pressure in their lung vessels to rise.

Their heart works harder than normal to pump blood through their lungs when there is pulmonary hypertension. The heart can become tired or weak when it has to work harder.



How does it happen?

There are different reasons your child may have pulmonary hypertension.

- Your child may have been born with it. It can be genetic.
- It may have been caused by another disease.
- There may not be a clear cause.

Your child's care team can give you more information about why your child has pulmonary hypertension.

What are the symptoms?

Your child may have 1 or more of these:

- Shortness of breath. This is called dyspnea.
- Feeling tired. This is called fatigue.
- Dizziness or fainting spells. This is called syncope.
- Chest pressure or pain.
- Swelling in their ankles and legs. This is called edema.
- Bluish color to the lips or skin. This is called cyanosis.
- Fast heartbeat or heart palpitations.
- In some children, oxygen levels are decreased.

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.

Pulmonary hypertension, continued

What is the treatment?

Pulmonary hypertension is a chronic condition. This means it will not go away. There is no cure for pulmonary hypertension. There are treatments that can help with symptoms.

- A cardiologist (heart doctor) or pulmonologist (lung doctor) will manage your child's treatment.
- Treatments may include:
 - Medicines to swallow.
 - Medicines to breathe in (inhale).
 - Injections (shots).

What else should I know?

Pulmonary hypertension:

- Is not you or your child's fault. You or your child did not do anything to get it.
- Is not contagious. Your child did not catch it from someone else. They cannot pass it to you or your friends and family.
- Affects children in different ways. Talk with the doctor about any changes in your child's health.

When should I call the doctor?

Call the doctor who sees your child for their pulmonary hypertension when your child:

- Has shortness of breath with activity.
- Feels more tired than normal.
- Feels dizzy.
- Has chest pain.
- Passes out. This is called fainting.

Also call if you have questions or concerns about how your child looks or feels.

When should I call 911?

Call 911 **right away** if your child:

- Has trouble breathing.
- Has a blue or purple color to their lips, gums or nails.
- Has chest pain that does not go away quickly.
- Passes out and does not wake up quickly.
- Is so weak and tired that they hardly respond to you or do not respond at all.

This teaching sheet contains general information only. Talk with your child's doctor or a member of your child's healthcare team about specific care of your child.

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.