

Questions About Your Diagnosis

- Have we confirmed that I have PAH?
- What is the cause of my PAH?
- Are there any unique complicating factors that make my condition different from others with PAH?
- How advanced is my disease?
- How would you grade the severity of my PAH – mild, moderate, or severe?
- Do I need a lung transplant, or will I need one in the future?
- Where can I find reliable info about PAH and its treatment?

Questions About Your Treatment

- What are the goals of my treatment plan? What can I realistically accomplish?
- What medicines do you recommend I take and why? What are the pros and cons?
- Do I need to take blood thinners?
- How is each medication delivered (pill, inhaled, intravenous, subcutaneous)?
- How frequently will I need to take each medicine?
- What are the possible side effects?
- Are there medications I should avoid?
- Does this medication have any interactions with other medications I take?
- What kind of monitoring is required, both for medications and the progress of my disease?
- Where can I get more information about these medications?
- How do I get my medications and refills?
- What therapies do you recommend?
- Is an exercise program appropriate?
- Would I benefit from pulmonary rehab?
- Are there any new exercises or treatments?
- Do I need oxygen therapy?
- How is oxygen therapy used?
- What should I do if I have an emergency?

Questions About Your Lifestyle

- Will I be able to go back to work?
- Can I drive?
- How much daily exertion can I take?
- Can I do housework?
- Can I lift up my children?
- Is it safe for me to travel?
- What changes do you recommend to my diet and nutrition?
- Do I need to reduce salt in my diet? How can I do that?
- Are there patient support groups in my area? Which do you recommend?
- Are there support groups for my family and caregivers? Which do you recommend?
- Can I take medication for depression and/or anxiety?



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Learn more by going to chestfoundation.org/pah

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