PAH Patient Diagnosis
AND TREATMENT CHECKLISTS

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?

Learn more by going to chestfoundation.org/pah

Read the CHEST Foundation Patient Education Disclosure at https://foundation.chestnet.org/patient-education-disclosure/