

## **November is Pulmonary Hypertension Awareness Month**

The month of November has been proclaimed as "*Pulmonary Hypertension Awareness Month*" in the City of Parksville.

Pulmonary Hypertension (PH) is a complex and serious lung disease, which is progressive and potentially fatal. It can strike anyone regardless of age, sex, social, or ethnic background. Pulmonary Hypertension (which means high blood pressure in the lungs) causes the arteries of the lungs to become narrowed and scarred, which can result in the almost complete closing of the arteries.

PH shares a number of its symptoms with other conditions, resulting in many people being misdiagnosed. Without treatment, the average life expectancy of someone with PH is less than three years. Alarmingly, many patients spend two to three years seeking an accurate diagnosis. It is estimated that approximately 5,000 Canadians have been diagnosed with pulmonary hypertension, but as many as 10,000 may be affected by the condition. While there is currently no cure for PH, thanks to available treatments, many patients are living longer, healthier lives.

Celebrated annually throughout the month of November, PH Awareness Month is an international event. The Pulmonary Hypertension Association of Canada works to help support those living or affected by this difficult disease in Canada through education, support, research, and better access to life-saving treatments.

More information about the Pulmonary Hypertension Association of Canada can be found on their website at <u>www.phacanada.ca</u>.

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## For more information:

Mayor250 954-4661Deb Tardiff, Manager of Communications250 954-3073

City of Parksville | 100 Jensen Avenue East (P O Box 1390), Parksville, BC V9P 2H3 Phone 250 248-6144 | Fax 250 954-4685 | www.parksville.ca

About Parksville — Located on Vancouver Island's sheltered east coast, 12,000 residents call Parksville their home. Parksville offers a quality lifestyle with many activities. We are committed to being the city of choice for ourselves and future generations in a clean, safe, friendly, economically viable and sustainable environment.