

## 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 [www.phacanada.ca](http://www.phacanada.ca).

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### For more information:

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