

The Pulmonary Hypertension Association

M a k i n g a D i f f e r e n c e . . .

"When three patients came together to form what is now PHA, our goals were to end our isolation and find out more about this rare and terrible illness. Today, PHA is doing those things and much, much more. We are growing... we are making a difference... we need you. Join us. Together, we are creating an easier today and a better tomorrow."

Pat Paton

"I expect the future to hold great promise in the battle against pulmonary hypertension. PHA is an essential key in building the bonds that keep patients hopeful and physicians in relentless pursuit of new therapies"

Stuart Rich, M.D.

"For years, I didn't know a soul who had even been touched by PH, let alone had it. It was like having cancer, and no one had ever heard of it. I couldn't even find the right doctors.

Thanks to PHA, I was able to attend a PHA conference. The warmth that I felt was overwhelming. Living far away from my family, I felt like I had gone to a family reunion, although even better, because these people understood me, and no one felt like a stranger. I was home."

Angie Eldam

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This brochure is made possible by an unrestricted educational grant from Actelion and GlaxoSmithKline

Pulmonary Hypertension Association



Lighting the Path A Community of Hope...

The Illness

Pulmonary hypertension (PH) is a rare illness with no known cure. It can affect small children, as well as the elderly. Men are not exempt, but it most often strikes young women in the prime of their lives. It causes high blood pressure in the lungs, which produces progressive breathlessness and ultimately threatens life itself. Effective treatments for pulmonary hypertension were first described in the 1990's, and newer, more effective therapies are currently being developed. Hope for those living with pulmonary hypertension is just around the corner.



Ending Isolation

Living with any illness is difficult. Living with a rare illness brings an added burden.

We know the aloneness of pulmonary hypertension... and we are committed to ending it. From our birth in 1990 by three patients vowing to be alone no more, PHA has grown to include thousands of patients, families, caregivers and medical professionals, primarily in the United States but, increasingly, throughout the world. We are adding new members every day.

The services our volunteer network provides are designed to build a community of hope and understanding. Together, we have found that we can educate ourselves and others, give and receive support and – yes – even sometimes laugh at the things happening in our lives.

We need each other.

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www.phassociation.org

Here are some of the things we do:

Help Line

PHA maintains a help line (1-800-748-7274) with trained and knowledgeable volunteers, each of whom is living with pulmonary hypertension. We take calls literally moments after diagnosis and throughout all the stages of this illness.

Support Groups

PHA sponsors a large and growing network of support groups throughout the United States and more recently expanding into other nations. Through more than 100 such groups, fellowship, information and activities are shared at the local level.

On-Line Information

Our web site – www.phassociation.org – is a source of information and fellowship for the pulmonary hypertension community. Besides information about the illness itself, the site includes message boards where questions can be asked and answered, as well as support group and physician locators, patient stories and a medical resources section. Additionally, PHA offers several list-servs for e-mail communication.

Printed Information

PHA produces two patient-edited newsletters, *Pathlight* and *Persistent Voices*. *Pathlight* provides information about activities and our PH community, while *Persistent Voices* tells the patient's story through our own experiences.

Conferences

The gathering of the PH community takes place every two years at PHA's International Conference. It is a time for learning from many of the best scientific and medical minds in our field. It is also a powerful time of sharing, a rare opportunity where every one of the many hundreds of people attending understands what we face each and every day.

Patient's Guide to Pulmonary Hypertension

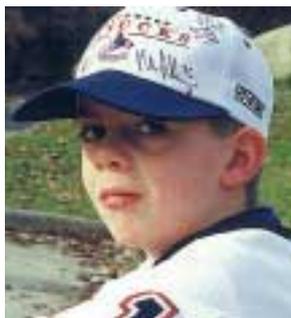
Written by a patient and reviewed by members of PHA's world-class Scientific Leadership Council, the book-length Patient's Guide is an essential and clearly-written resource for anyone anxious to learn more about pulmonary hypertension.

So, through information and communication, we are committed to ending the "aloneness" that is so common among those living with a rare illness. We invite you to join us. Together, our many voices become one...and we are strong again.

Standing as a Community

None of us facing this illness can or should stand alone.

If you are a patient, caregiver, family member, medical professional or friend,



Building Hope

The community that PHA is building is also a powerful tool to find answers – to press for a cure. There have been rapid advances in understanding the illness we face, but we need to move faster...and together we will. Our twin tools are research and advocacy.

Research

PHA has been raising funds for research since 1999. Through golf tournaments and other events, significant funds are being targeted to research fellowships to encourage young new researchers to enter the field. We are adding new fund-raising events and programs to our efforts to support expanded research. Our goal is to develop the stream we have begun into a river of research support.

Advocacy

PHA presses for expanded federal research funding. We have met with the directors of the National Heart Lung and Blood Institute, Centers for Disease Control and members of Congress to educate them to our needs. Congress has placed pulmonary hypertension on the National Institutes of Health's priority list, and current research funding for PH is now at approximately \$20 million dollars.

Join PHA



Yes, I'm ready to help:

- I want to join PHA and receive *Pathlight* and *Persistent Voices*
 New Member Renewal

Enclosed is my tax-deductible dues contribution:

- \$15 (Individual) \$35 (Family)
 \$60 (Supporter) \$100 (Leadership)
 \$1,000 (Committee of 10)

- Unable to contribute dues at this time
(PHA understands how expensive this illness can be.
Just let us know and we'll put you on the membership list.)

Please print: Mr. Mrs. Ms. Dr.

Name(s) _____

Address _____

City _____ State _____ Zip _____

Phone _____ Fax _____

E-mail _____

- patient caregiver parent with minor child with PH
 child other _____
 medical (title and affiliation): _____
Birthdate _____

Skills:

These are skills I have that can help.
Contact me when and if you need help in these areas.

Donation:

- I would like to make a contribution of \$ _____
to support the activities of PHA.

Contributions are tax-deductible to the extent permitted by law.

Please make checks payable to: PHA.

Thank you

Please return to:

PHA ■ 850 Sligo Ave., Suite 800 ■ Silver Spring, MD 20910
301-565-3004

please join today. **We need each other.**

