

## Pulmonary Hypertension for Kids

### 1.) What is this disease anyway?

We say that somebody has PH when the pressure in the lung blood vessels is over 25. It is caused by narrowing of the tiny blood vessels. After a huge number of these vessels are closed the heart works harder to get enough blood to the body.

### 2.) You can cure a kid's cancer, so why do I have to take these medicines forever?

First off, I believe that we are getting better at stopping people from getting worse but right now we are not good at opening the closed vessels. Until we can truly reverse the disease, kids are going to have to take their meds.

### 3.) Why can't I run as fast as I want to?

Two big reasons: 1) If you don't use it, you lose it. All of us must exercise to stay in shape; 2) All the blood that the body needs must first pass through the small blood vessels in the lung. If there are fewer vessels less blood can get to the muscles.

### 4.) What can I do to get better faster?

Stay positive. Take your meds on time and every dose. Be honest about how you feel. Your doc often has new treatments that can be added to stop symptoms.

### 5.) I want to get my line out - now! Why don't they listen to me?

Firstly, intravenous treatment works better than anything else. Secondly, this is the best question that you can ask your doc because every person is different. Third, there are some other ways to get a good effect and we can talk about them.

### 6.) I feel really horrible just after my meds. How can I feel better?

Yes, we have some tricks that we can talk about.

### 7.) Nobody wears a helmet, why do I have to?

Your drugs can make you bleed more than other kids; if you do injure your head and you need an operation then docs need to treat you very differently.