

P
ULMO
NARYHY
PERTENSION

IS IT TIME FOR AN EYE EXAM? HOW DO YOU VIEW YOURSELF - AS A SURVIVOR OR AS A VICTIM?

A “**VICTIM**” LETS OTHER PEOPLE OR CIRCUMSTANCES DEFINE THEM AND TELL THEM HOW TO LIVE THEIR LIFE.

A “**SURVIVOR**” DECIDES TO LIVE THEIR LIFE DESPITE THE LIMITATIONS THAT HAVE BEEN PUT UPON THEM. REMEMBER IT IS THE LIFE YOU HAVE BEEN GIVEN. MAKE THE MOST OF IT.

DON'T LET PULMONARY HYPERTENSION DEFINE YOU. IT IS A PART OF YOU THAT HAS TO BE DEALT WITH, BUT IT IS NOT THE WHOLE PICTURE. YOU CAN STILL HAVE A HAPPY AND PRODUCTIVE LIFE.

ATTITUDE IS A VERY IMPORTANT PIECE OF THE LONGEVITY PUZZLE. SCIENCE HAS BEEN UNABLE TO EXPLAIN HOW PEOPLE DIE OF BROKEN HEARTS, BUT IT DOES HAPPEN. I TRULY BELIEVE THAT A POSITIVE ATTITUDE IS VERY IMPORTANT IN DEALING WITH PULMONARY HYPERTENSION.