

# **Pulmonary Hypertension Association**

## **Building a Community of Hope**



When I joined PHA, shortly after being diagnosed with pulmonary hypertension, I had little hope that I would survive. I was 55 years old, and had watched two of the most important people in my life, who were younger and stronger, succumb to the disease. I lost my 46 year-old sister and one month later my 29 year old daughter passed away while carrying her third child, only 5 days after she was diagnosed.

When I attended my first PHA conference in Atlanta, my outlook changed dramatically. I saw many, many people who were managing their illness bravely and learned that the future for me was not as grim as I thought. I met some of the bravest, most compassionate and energetic people I've ever known, who were not only managing their disease, but LIVING with it.

It's been six years since I began treatment, and I am grateful for every day that I can do my part in helping people who are going through all of the emotions that I have been through.

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***Your CFC gift to PHA (#0212) helps make life better for Barbara, and those like her. Help us continue to build hope through programs and services, including:***

- toll-free, patient-to-patient **hotline**
- local **support groups** across the country
- The first-ever **medical journal** for PH
- Two **research award programs** for young researchers
- **A Patient's Survival Guide**, a 200+ page book written by patients
- International **PH Conference**
- Online community at **[www.phassociation.org](http://www.phassociation.org)**
- **PH Awareness Month** in November
- **Education materials** to explain the disease
- **Pathlight**, a quarterly newsletter