



HEALTH AWARENESS

Hope For Patients With “The Other High Blood Pressure”

(NAPSA)—Fifteen-year-old Sara Galligan is a miracle child according to her father, Dennis. At three months old, Sara was diagnosed with pulmonary arterial hypertension (PAH), a life-threatening disease caused by high blood pressure in the lungs.

“We were told Sara would not live beyond five years,” says Dennis. But today, Sara is doing what few people who suffer from PAH can do—run and play basketball without losing her breath. Treatments, including Oxygen and more recently a drug, Tracleer®, have helped Sara survive and are enabling her to live the life of a normal teenager.

Recently, Sara had a dream come true when she took to the basketball court with the WNBA’s Debbie Black. Debbie is a spokesperson for the Pulmonary Hypertension Association, a non-profit membership organization that provides a community of hope, support and education for patients and families affected by PAH. Debbie has met with other patients across the country and has provided her voice to help raise awareness of the disease.

“Over the past year, I’ve met several people who are living with PAH,” says Debbie Black. “I’m happy to play a part in raising awareness of the disease—and getting to play basketball with a competitor like Sara is a blast.”

“Many patients suffering with PAH experience severe breathlessness and are unable to even walk

Symptoms of pulmonary arterial hypertension include:

- Shortness of breath
- Fatigue
- Coughing
- Light-headedness—especially when climbing stairs or upon standing up
- Fainting
- Edema (swollen ankles and legs)
- Chest discomfort—especially during physical activity



up a flight of stairs, yet Sara is out there playing basketball,” says Dr. Dunbar Ivy, Sara’s pediatrician and chief of cardiology at The Children’s Hospital in Denver. “While there is no cure, there are treatments for PAH, which have offered hope and a better quality of life for patients like Sara.”

Often confused with regular hypertension, PAH is commonly referred to as “The Other High Blood Pressure.” Over 100,000 people in the United States are known to suffer with this disease, which has no known cause or cure. Because its symptoms mimic other illnesses, such as asthma and emphysema, PAH is often misdiagnosed.

Since their meeting, Debbie and Sara have continued to stay in touch with one another—and both are looking forward to their next game of one-on-one.

For more information about PAH, call the Pulmonary Hypertension Association at 1-866-474-4742, or visit www.phassociation.org.