

Pulmonary Hypertension specialist centres in UK and Ireland

Western Infirmary, Glasgow Tel: 0141 211 1836
Freemans Hospital, Newcastle Tel: 0191 233 6161
Royal Hallamshire Hospital, Sheffield Tel: 0114 271 1719
Papworth Hospital, Cambridgeshire Tel: 01480 830541
Great Ormond Street Hospital, London
Tel: 020 7405 9200 (ext 1005 / 1007)
Hammersmith Hospital, London Tel: 020 8383 2330
Royal Brompton Hospital, London Tel: 020 7351 8121
Royal Free Hospital, London Tel: 020 7794 0500
Mater Misericordiae Hospital, Republic of Ireland
Tel: 00 3531 8032000

Useful Contacts

PHA-UK

PO Box 2760
Lewes, East Sussex, BN8 4WA
Tel: 0800 3898 156
www.pha-uk.com

British Lung Foundation

73 – 75 Goswell Rd, London
EC1V 7ER
Tel: 08458 505 020
www.britishlungfoundation.com

British Heart Foundation

14 Fitzhardinge Street, London
W1H 6DH
Tel: 08450 70 8090
www.bhf.org.uk

Lupus Support Group

St Thomas' Lupus Trust
The Louise Coote Lupus Unit,
Gassiot House,
St Thomas' Hospital
London SE1 7EH
Tel: 020 7188 3562
www.lupus.org.uk

You can get more information about Scleroderma from:

The Scleroderma Society
PO Box 581, Chichester, PO19 9EW Tel: 020 7000 1925

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Charity Registration Number 286736
www.sclerodermasociety.co.uk
email:info@sclerodermasociety.co.uk
Advice Line: 0800 311 2756

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Pulmonary Hypertension in Scleroderma

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What is Pulmonary Hypertension?

“Pulmonary (arterial) hypertension” literally means “high blood pressure in the pulmonary artery”. This is a completely different condition to the common “high blood pressure” which can affect large numbers of people. Pulmonary hypertension is often abbreviated to PH or PAH.

Pulmonary hypertension is a rare lung disorder in which the blood pressure in the pulmonary artery rises above normal. This abnormally high pressure affects the small blood vessels in the lungs, resulting in less blood getting to the lungs and less oxygen being carried into the blood stream. As a result the right side of the heart has to work harder to try and compensate for the difficulty with the blood vessels in the lungs.

What are the symptoms of pulmonary hypertension?

Symptoms of PH include:

- Shortness of breath with minimal exertion
- Tiredness
- Fatigue
- Dizzy spells
- Chest pain
- Swelling in ankles or legs

Symptoms of pulmonary hypertension are caused either by the low levels of oxygen in the blood stream or by the heart not working as efficiently as it should due to the extra work it is having to do.

Why have I got pulmonary hypertension?

About 1 in 10 people with scleroderma go on to develop pulmonary hypertension. It is thought that this is because scleroderma thickens and stiffens the walls of the pulmonary artery so that it cannot open up easily to relieve the pressure inside it. The pressure inside the pulmonary artery is therefore higher than it should be resulting in the extra strain on the heart described above.

Although pulmonary hypertension occurs as a result of a person’s scleroderma it often does not start to develop until many years after the scleroderma first started. When pulmonary hypertension has occurred as a result of scleroderma it is called “scleroderma-associated pulmonary hypertension”.

It is possible to get pulmonary hypertension as a result of many different conditions including lupus, blood clots in the lungs, liver disease and HIV infection.

How do we test for pulmonary hypertension?

There are many tests which may be carried out if your doctor suspects you may have pulmonary hypertension including an echocardiogram, a chest x-ray and lung function tests. However the only test which can accurately measure the pressure in your pulmonary artery and therefore definitely confirm pulmonary hypertension is a right heart catheter.

Most patients with scleroderma will undergo regular testing to try and identify early on if pulmonary hypertension or any other problems are developing.

What are the treatments for pulmonary hypertension?

Although at present there is no cure for pulmonary hypertension there are lots of different treatments available. These are aimed at reducing symptoms and improving quality of life.

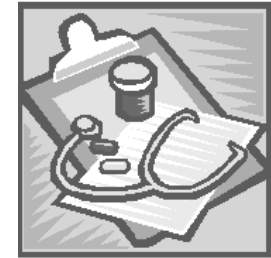
Basic treatments include:

- **Anti-coagulants (eg warfarin)** This prevents blood clots forming and allows the blood to flow more freely.
- **Diuretics (eg frusemide, spironolactone)** These decrease the amount of fluid in the body, which reduces the amount of work the heart has to do.
- **Oxygen** For those with low oxygen levels in the blood, this helps you to breathe more easily and should be used for approximately 16 hours a day

Further treatments include:

- **Oral tablets** These can help to reduce the pressure in the pulmonary artery
- **Inhaled treatments** These can help to open up the pulmonary artery thereby reducing the pressure.
- **Subcutaneous or intravenous infusions** These continuous infusions either just below the skin or into a vein provide a steady supply of strong medication to open up the pulmonary artery and reduce the pressure.
- **Procedures and operations** There are surgical procedures which may help although not all are effective for patients who have scleroderma-associated pulmonary hypertension.

All medications for the treatment of pulmonary hypertension need to be taken for the rest of the patient’s life.



Your care

Both scleroderma and pulmonary hypertension are very rare conditions. To ensure access to specialist treatments it is important that patients are managed by a designated centre.

There are five designated pulmonary hypertension centres in the UK based in Newcastle, Sheffield, Cambridge and London (2 hospitals).

The designated centre for scleroderma-associated pulmonary hypertension or pulmonary hypertension associated with other connective tissue disorders is The Royal Free Hospital, Pond Street, London NW3 2QG. Tel: 020 7472 6354

The Future

The range of options for treating pulmonary hypertension has expanded in the last few years resulting in a much improved outlook for those with scleroderma associated pulmonary hypertension. Trials into new treatments are ongoing constantly and will hopefully produce even more effective treatments.