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Guidelines for treatment of pulmonary arterial hypertension

There are several risk factors to consider.

What is the number of systolic blood pressure? What is the normal range of diastolic blood pressure?

Do I have to take resonance if I have high blood pressure or now? *

*content is not intended to be a substitute for professional medical advice, diagnosis or treatment. Always look for the advice of your doctor or other qualified health provider with any question you may have regarding a medical condition. This material should not be used for commercial purposes, or at any hospital or clinic. Failure to respect may need to know what is pulmonary arterial hypertension (PAH)? PAH is a condition that increases pressure in the lung Pulmonary artery is the large blood vessel that brings blood from your heart to your lungs. What causes PAH? PAH can be passed from a parent to a child. It's called family PAH. PAH without known cause is called idiopathic PAH. Associate PAH means another condition that has caused to develop PAH. The following are common causes of associated PAH:

- Certain conditions, such as tumors that at least on pulmonary artery or sock cell disease Problems in your heart, lungs, or blood vessels

An infection, such as schistosomiasis or hypertonosis of the HIV portal or cirrhosis Connective tissue diseases, such as scleroderma, lupus, or rheumatoid arthritis Some drugs for weight loss or illegal drugs What are the signs and symptoms of PAH? Feel weak and tired weight gain or lack of appetite Joint pain Shortness of breath with exercise abdominal swelling

When given contrast liquid to help health care providers see pictures better. Inform the health care provider if you have ever had an allergic reaction to the contrast liquid. do not enter the magnetic resonance room with anything metal. metal can cause serious injuries. inform health care providers if you have a metal inside or on your body. cardiac catheterization is a procedure used to search or treat a heart condition. a catheter is inserted in the arm, neck or groin and moved into the heart. Contrast fluid is injected into an artery and x-rays of the blood stream are taken. Tell a health care provider if you've ever had an allergic reaction to the contrast liquid. Lung function tests (PFTs) help health care providers learn how your body uses oxygen. You breathe in a mouthpiece connected to a car. the machine measures how much air you breathe and breathes on a certain amount of time. PFTs help your health care providers decide the best treatment for you. A ventilation and perfusion scan (VQ) takes pictures of the lungs. During the part of perfusion of the test, the contrast liquid will be given through an iv. This liquid helps the blood flow in the lungs is clearly presented on the monitor. during the ventilation part, you can breathe a medical gas. the images will be taken to see how well the lungs take in oxygen. Tell a doctor if you've ever had an allergic reaction to contrast How is PAH treated? PAH cannot be cured. The goals of treatment are to improve your health and stop PAH from getting worse. You may need one of the following:

- Drugs can be given to improve blood flow, get rid of extra liquids, or prevent blood clots. Blood clot medicine can make you bruise or bleed more easily. Use a soft toothbrush and an electric shaver to avoid bleeding.

You may need extra oxygen if the level of oxygen in the blood is lower than what should be. You can get oxygen through a mask placed over the nose and mouth or through small pipes placed in the nostrils. Ask your health care provider before removing the mask or oxygen pipes. Surgery can be used to help blood flow from one part of the heart to another. You may need surgery for lung or heart transplant if other treatments do not work and your condition is severe. What can I do to manage PAH? Check blood pressure (BP) at home. Sit down and rest for 5 minutes before taking your BP. Extend the arm and support it on a flat surface. Your arm should be at the same level as your heart. Follow the directions that came with the BP monitor. If possible, take at least 2 BP readings each time. Take your BP at least twice a day at the same time every day, like morning and evening. Keep a log of your BP readings and take it to your follow-up visits. Ask your health care provider what your BP should be. Limit sodium (salt) to 3,000 mg per day. Too much sodium can affect your fluid balance. Check labels to find low sodium food. Most low-sodium foods use potassium salts for flavor. Too much potassium can also cause health problems. Your healthcare provider will tell you how much sodium and potassium are safe for you to have in a day. He or she may recommend limiting sodium to 2,300 mg per day. Follow the recommended meal plan from your health care provider. A dietitian or your supplier may give you more information about low sodium or food-based plans DASH (Dietary agreements to stop hypertension). The DASH plan is low in sodium fats, unhealthy and total fat. It is high in potassium, calcium and fiber. Limit liquids as indicated. You may need to drink less liquid to help balance the liquid level. Ask how much liquid you should drink every day. Your healthcare provider will give you an exact amount of liquid to drink every day. It could be limited to less than 2 liters per day. Don't smoke. Nicotine and other chemicals in cigarettes and cigars can increase your BP and also cause damage to your lungs. Ask your healthcare provider for information if you currently smoke and need help to quit. Electronic cigarettes or smokeless tobacco still contain nicotine. Talk to your healthcare provider before using these products. Limit alcohol. Women should limit alcohol to 1 drink per day. Men should limit alcohol to 2 drinks per day. A drink of alcohol is 12 ounces of beer, 5 ounces of wine, or 1½ ounces of liquor. Directly talk to your healthcare provider about whether you should abstain completely from drinking alcohol. Sit in a sauna, hot tub, or hot bath. This can lower your blood pressure and make you faint. If you are a woman, talk to your healthcare provider about whether you should avoid saunas and hot baths. Manage heat conditions concerning PAH. Many people who have PAH experience extreme sensitivity to heat. Avoid being outdoors in direct sunlight. Wear light-colored clothing. Drink plenty of fluids. Use fans or air conditioning. Seek shade whenever possible. Need treatment for sleep apnea, hypertension, or other medical conditions. Ask your healthcare provider for more information. Do not travel at altitudes unless your health care provider says it's okay. You may need to bring extra oxygen if you travel at high altitude or fly. Call 911 for any of the following: You have chest pain or heart palpitations. You have a short breath at rest, especially when you lie down. When should I seek immediate care? The legs or ankles are swollen. You're vomiting and you can't eat or drink. You're confused or you feel like you're about to faint. When should I contact my health care provider? You have a fever. Symptoms prevent you from doing your daily activities. Your joints are painful and inflamed. The fingers or toes are clubbed (the ends are round and thick). You have questions or doubts about your condition or care. You have the right to help plan your care. discover your health conditions and how it can be treated. discuss treatment options with your healthcare providers to decide which care you want to receive. you always have the right to refuse treatment. the above information is only one educational help. it is not intended as medical advice for individual conditions or treatments. talk to your doctor, nurse or pharmacist before following any medical regime to see if it is safe and effective for you. © copyright ibm corporation 2021 the information is used exclusively for the use of the end user and may not be sold, redistributed or otherwise used for commercial purposes. all illustrations and images included in CareNotes® are copyrighted property of A.D.A.M., Inc. or IBM Watson Health more information about pulmonary arterial alleged drugsmayao clinical ReferenceMedicine.com guide (external) always consults your healthcare provider to ensure that the information displayed on this page applies to your personal circumstances. 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