

# Could it be pulmonary hypertension?

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There are different types of pulmonary hypertension, each with various symptoms. Some symptoms include:

- shortness of breath
- fatigue
- feeling faint or dizzy
- chest pain (angina)
- a racing heartbeat (palpitations)
- swelling (oedema) in the legs, ankles, feet
- coughing
- blue lips or fingers
- hoarse voice
- feeling nausea
- swelling in stomach (abdomen)

The symptoms often get worse during exercise, which can limit your ability to take part in physical activities.

See your family doctor if you have symptoms and are concerned it could be pulmonary hypertension. They may ask you about your symptoms and medical history, and they may carry out a physical examination. You can use our symptoms diary to track your symptoms. It can also be used by patients who have already been diagnosed with pulmonary hypertension and wish to track their symptoms over time.

**Print these pages out, record your symptoms and take them with you to your appointment. This form can also be completed by adults on behalf of children.**

Get urgent treatment if you get sudden chest pain that does not stop after a few minutes, or you have heart palpitations with chest pain, shortness of breath or feeling faint. These could be a sign of another condition such as a blood clot in your lungs or a serious heart problem.

Correctly diagnosing pulmonary hypertension can take time because its symptoms are similar to those of many other heart and lung conditions. Tests for pulmonary hypertension include: a type of heart scan called an echocardiogram; and right heart catheterisation, where a thin, flexible tube is inserted into your pulmonary artery.

## Personal details

Name: \_\_\_\_\_

Gender: \_\_\_\_\_

Date of birth: \_\_\_\_\_

Existing health concerns or conditions:

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## Symptoms diary

Pain and symptom tracker					
Date and time	Pain or symptom	Location on body	Severity (1-10)	Triggers - what might have caused it to happen	How long did it last for?

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