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PHA EUROPE
PULMONARY HYPERTENSION ASSOCIATION

*for the
patients*

 **PVRI**

Debunking myths of lung transplantation: Understanding the first year post - transplant (Patient view)

**Natalia Maeva,
Board member of PHA Europe**



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5 myths and misconceptions about lung transplantation

Myth 1: Life returns to normal immediately after surgery

Myth 2: Rejection is a sign of failure

Myth 3: Medication side effects are overwhelming

Myth 4: You'll be on a restricted diet forever

Myth 5: You can't live an active life post – transplant



Myth 1: Life returns to normal immediately after surgery

Fact: Recovery is a gradual process

- Major surgery with gradual recovery
- Weeks in the hospital post-surgery
- Rehabilitation to regain strength and adapt
- Full recovery takes months
- Regular follow-ups, physical therapy, and monitoring
- Improved quality of life, but patience is needed



Myth 2: Rejection is a sign of failure

Fact: Rejection is common and manageable

- Rejection is common, especially in the first year post-surgery
- Mild rejection does not mean failure
- Immunosuppressive medications help manage rejection
- Patients are closely monitored by medical teams
- Most rejection episodes are treated successfully
- Many people live healthy lives after overcoming rejection



Myth 3: Medication side effects are overwhelming **Fact: Side effects are real but manageable**

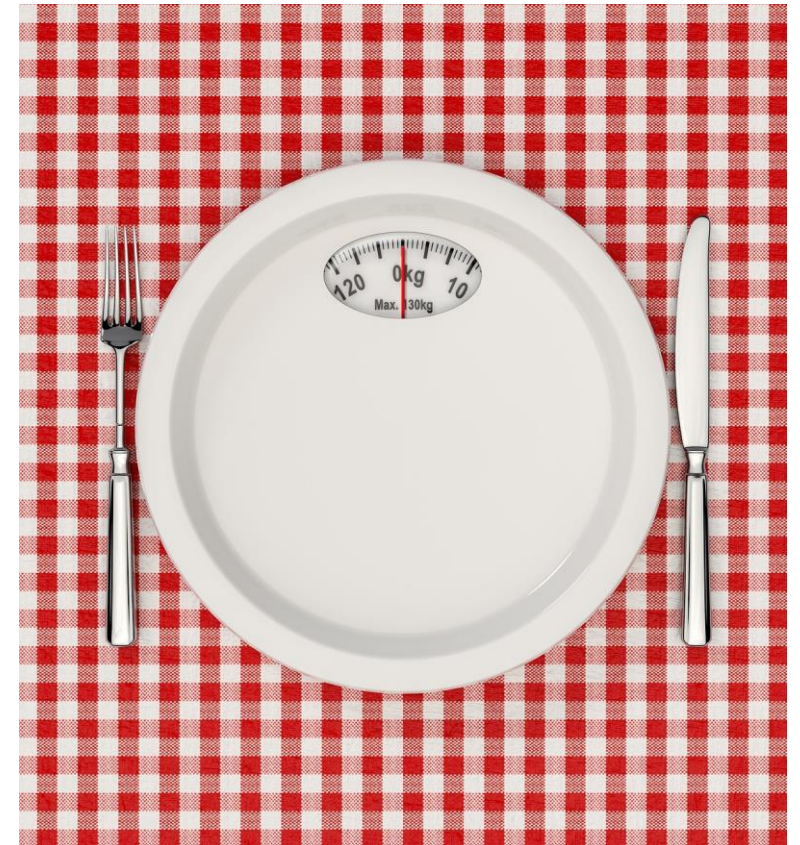
- Immunosuppressive drugs have side effects (weight gain, blood pressure, infection)
- Side effects are manageable with care
- Dosages are carefully monitored
- Treatment plans are personalized
- Most patients adjust well over time



Myth 4: You'll be on a restricted diet forever

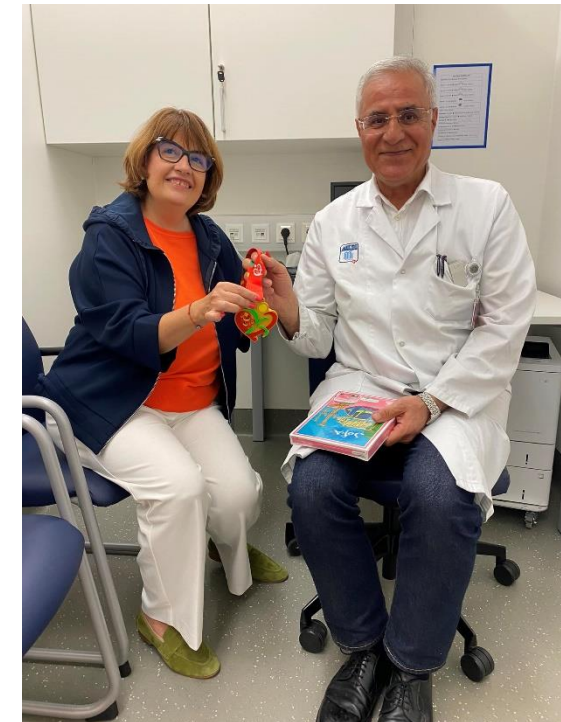
Fact: Most dietary restrictions are temporary

- Guidelines help with healing and reduce complications
- Most patients return to a normal, balanced diet
- Long-term restrictive diets are usually unnecessary
- Patients can enjoy a wide range of foods again



Myth 5: You can't live an active life post – transplant **Fact: Most return to active, fulfilling lives.**

- Many return to active, fulfilling lives
- Long-term care and adjustments needed
- Improved quality of life post-transplant
- Exercise, work, and hobbies are possible



Creating a Supportive Network

- ✓ Family and caregiver involvement in the journey before and after transplantation.
- ✓ Building connections with others facing similar challenges.
- ✓ Contact with patients organizations in your country.



Conclusions:

- ✓ Lung transplants offer a new active life for many individuals with end-stage lung disease.
- ✓ Myths and misconceptions about the procedure can create unnecessary fear or confusion.
- ✓ It's important for patients and their families to consult with their healthcare providers to receive accurate, personalized information about the risks, benefits, and realities of lung transplantation.



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THANK YOU FOR YOUR ATTENTION!

Any questions ?

You can contact me at: n.maeva@phaeurope.org

