World PH Day 2024 – Posting plan

DATE	FORMAT	COPY/text with hashtags	VISUAL to be published
To be uploaded as a profile photo on May 5th, 2024.	WPHD 2024 Profile photo *3 version with different hand colors and with tagline	Profile picture. To be used across social media channels. Version with tagline "Let's breathe united" is preferred. This can also be posted as regular a post. Alternative tagline: "Let us all breathe in unity with the global PH community."	World Pulmonary Hypertension Day 2024 World Pulmonary Hypertension Day 2024

Initial post 30 th of April	PHA EUROPE FB, IG, LI, TW Post	Embrace the power of World Pulmonary Hypertension Day on May 5 and beyond! Let's come together to ignite awareness about pulmonary hypertension and its deep impact worldwide. → www. worldphday.org → www.phaeurope.org → belaircenter.info	May 5 is WORLD PULMONARY HYPERTENSION DAY
1 st of May	PHA EUROPE FB, IG, LI, TW Post	May 5 is World PH Day, and we have 5 compelling reasons to raise our voices louder than ever. You can support the global pulmonary hypertension community and raise awareness about 5 crucial topics. This WPHD, we are all united for early diagnosis, hope, access to care, patients, and are strongly united to cure PH. May 5 th holds strong symbolic value for the PH community as there are 5 groups of PH. →www.worldphday.org →www.phaeurope.org →belaircenter.info	UNITED FOR THE PATIENTS UNITED FOR HOPE UNITED FOR HOPE

2 nd of May	PHA EUROPE FB, IG, LI, TW Post	Elevate your impact! Unlock the potential of our WPHD toolkit to stand alongside the pulmonary hypertension community and raise awareness throughout World PH Day and beyond, spanning the entire month of May. #WorldPHDay2024 Snatch up your toolkit essentials at the WPHD booth nestled within Bel Air Center or on our Website and unleash your creativity with customizable Canva templates. Let's join forces and spread the word far and wide! →www.worldphday.org →www.phaeurope.org →belaircenter.info	USE OUR TOOLKITS AND SPREAD AWARENESS OF PULMONARY HYPERTENSION
3 rd of May	PHA EUROPE FB, IG, LI, TW Post	Pulmonary hypertension (PH) is a rare but serious condition affecting the blood vessels in the lungs, leading to elevated pressure levels inside those blood vessels responsible for carrying blood from the heart to the lungs for oxygenation. Approximately 1% of people worldwide are impacted by PH, which can strain the heart and affect overall health severely. Early detection and management are key! Spread awareness and learn more about #PulmonaryHypertension today. [repeat on all posts] → www. worldphday.org → www.phaeurope.org → belaircenter.info	WHAT IS PULMONARY HYPERTENSION? BWordPHDay 2024 Pulmonary Hypertension PH is a condition that affects the blood vessels in the lungs. It develops when the blood pressure in your lungs is higher than normal. About 1% of people globally have pulmonary hypertension.

4 th of May	PHA EUROPE FB, IG, LI, TW Post Two alternative visuals with different hand color	Tomorrow isn't just any day—it's #WorldPHDay2023! Join us on May 5th and all month long as we unite to raise awareness, amplify voices, and stand in solidarity with those battling pulmonary hypertension. Together, we'll make a difference. Visit our toolkit for engaging content, and stay tuned to our socials for the latest updates. Let's make an impact together! This year, our focus is on five crucial topics: early diagnosis, hope, access to care, patients, and our unwavering commitment to finding a cure for PH. #WPHD2023 #UnityAgainstPH #BreatheUnited Pulmonary hypertension doesn't discriminate—it can impact anyone, regardless of age, gender, race, or background. This condition can arise from a variety of contributing factors, including schistosomiasis, congenital heart disease, lupus, sarcoidosis, pulmonary embolism, chronic obstructive	TOMORROW IS WORLD PULMONARY HYPERTENSION DAY World performance of the process o
		pulmonary disease (COPD), HIV infection, connective tissue disorders, exposure to certain drugs or toxins, and even prolonged exposure to high altitudes. Let's spread awareness and support for all those affected by PH! #WorldPHDay2024 #BreatheUnited	The second of th

	5 th of May	

PHA EUROPE

FB, IG, LI, TW Post Today is #WorldPHDay2023! Now through May 31, join us in raising pulmonary hypertension awareness; advocating for access to PH diagnosis, treatment and care; and celebrating the lives of people with PH.

Two alternative visuals with different hand color

World Pulmonary Hypertension Day is an annual global event to raise awareness of pulmonary hypertension (PH), a severe condition affecting the lungs and heart. Let's celebrate the resilience of those living with PH and the collective efforts of caregivers, researchers, doctors, and advocates. Together, we breathe united, each breath echoing hope and progress.

Learn how you can make a difference.



Alternative design with Special title and tagline "Today we breathe united!"

Pulmonary hypertension patients understand the power of companionship; it elevates us beyond the limitations of PH. Our breaths are perpetually intertwined, bound not only by our shared ailment but also by a collective dream. With each bold breath we take, that dream draws closer to reality.





5 th of May	PHA EUROPE FB, IG, LI, TW Post	Download additional toolkits and materials for WPHD at the Bel Air WPHD Booth. Join us in showing your support for World Pulmonary Hypertension Day. Together, let's offer hope to those diagnosed with PH. By participating in awareness activities, we can create support for PH patients across the globe in a more tangible and accessible way. Awareness generates support, support leads to hope, and hope can lead to a cure!	SHOW YOUR SUPPORT FOR WORLD PH DAY Washington Washin
6th of May	PHA EUROPE FB, IG, LI, TW Post	Recognizing symptoms of pulmonary hypertension could change your life or the lives of your loved ones. Shortness of breath, rapid heartbeat, fatigue, chest pain, and fainting spells may seem typical, but they could signal something more serious. However, these symptoms are often ambiguous, making PH hard to diagnose early, as it's not usually detected during a routine physical exam. Even when PH is more advanced, its symptoms are similar to those of other heart and lung conditions. Let's raise awareness together, as this can lead to an earlier PH diagnosis. Early detection, seeking medical help, and receiving a proper diagnosis early are essential for better outcomes. Spread the word and save lives!	#WorkPHDey2024 MOST COMMON SYMPTOMS OF PH 1996 building 2196 swelling 2296 chest pain 2796 tallipue 8696 shortness of breath #WorkPHDey2024 Symptoms of PH The symptoms of pulmonary hypertension are sometimes hard to recognize and are similar to the symptoms of other medical conditions. ###################################

7th of May 75% of patients have a progressed form of PH upon diagnosis.

FB, IG, LI, TW Post

PHA EUROPE

Stand united for early diagnosis! Every moment counts in the fight against pulmonary hypertension. Shortness of breath and mildly reduced exercise capacity are indicative of early PH; in patients with advanced disease, chest pain, syncope, and symptomatic heart failure are common. By detecting PH early, we can empower individuals to access timely treatment and improve their quality of life. Most often, a PH diagnosis is suggested initially by findings on an echocardiogram. Let's raise awareness, spread knowledge, and advocate for early screening methods and better access to specialized expert PH centers.

Together, we can make a difference!





















8 th of May	PHA EUROPE FB, IG, LI, TW Post	It takes an average of 2-3 years and at least 3 doctors for individuals to receive an accurate diagnosis of pulmonary hypertension due to the complex nature of this condition. Time matters! Patients diagnosed within 3 months of symptom onset are often categorized in low or intermediate risk groups. Early detection can lead to better outcomes. Let's raise awareness and support swift diagnosis for all!	Policy Diagnosis Patients diagnosed with pulmonary hypertension within 3 months of symptom oracle were notable years and at least of ecotors on average to get an accurate diagnosis of pulmonary hypertension. Awareness matters Patients diagnosed with pulmonary hypertension within 3 months of symptom oracle were notably categorised in the low or intermediate risk groups. Constructions of the construction of the construct
9 th of May	PHA EUROPE FB, IG, LI, TW Post	Pulmonary Hypertension (PH) isn't just one condition, but a spectrum of five distinct groups with different causes and symptoms, all varying in severity! 1. Pulmonary Arterial Hypertension (PAH): Characterized by lung artery dysfunction, causing blood flow blockages. 2. PH due to Left Heart Disease: Resulting from issues in the left heart, leading to pressure build-up in the lungs. 3. PH due to chronic Lung Disease: Occurs when underlying lung conditions impede normal blood flow. 4. Chronic Thromboembolic PH (CTEPH): Persistent lung blood clots obstruct the flow of blood. 5. PH with Unknown Cause: In some cases, the root cause of PH remains unidentified. Understanding these distinct groups is crucial for an accurate diagnosis and effective management. Interestingly, many adult patients (35.4%) belong to more than one group, with the most frequent overlap diagnosis being Groups 2 and 3 (29.3%).	THERE ARE 5 DIFFERENT GROUPS OF PH Know the symptoms The pure of

PHA EUROPE

10th of

FB, IG, LI, TW Post Since the 1980s, the average long-term survival for those diagnosed with the most severe forms of PH has increased from 2.8 years to 7 years. This improvement is attributed to treatment advancements, awareness and better support networks, such as patient associations. Specialized PH centers, where diagnosed patients are referred, provide the necessary holistic care, improving outcomes, and fostering optimism among patients.

Clinical trials and new medication pathways targeting the root of the condition offer additional hope for all those impacted by the most severe forms and those in high intermediate risk groups. With hope, our reality continues to transform into a brighter future!















ALTERNATIVE VISUALS

12 th of May	PHA EUROPE FB, IG, LI, TW Post	On this International Nurses Day, let's extend our deepest gratitude to the incredible nurses across the globe, who tirelessly provide compassionate care to patients battling pulmonary hypertension and guiding them towards healing. Your dedication, kindness, and expertise bring comfort and healing to those in need. Thank you for your unwavering commitment to making a difference in the lives of PH patients and beyond. You are truly the heart and soul of PH healthcare! We know that every PH nurse breathes in unity with the PH community.	TODAY IS INTERNATIONAL NURSES DAY H PRANTICATION PRANT
13 th of May	PHA EUROPE FB, IG, LI, TW Post	Patients with pulmonary hypertension require access to quality care provided by specialists or accredited care systems, where holistic care can be administered. However, geographic or other social barriers may exist as social determinants of health that could contribute to health disparities and negatively affect outcomes. Optimal therapeutic approach for each patient should be personalized, considering factors such as the severity of illness, method of therapy administration, potential side effects, presence of other medical conditions, treatment objectives, and the experience and preferences of the clinician, as well as availability of therapies. Therefore, it is essential for patients to have access to all appropriate treatment options to enhance disease management and improve outcomes.	World Pulmonary Hypertension Day United for Access to Care World Pulmonary Hypertension Day Phaetrense Phae









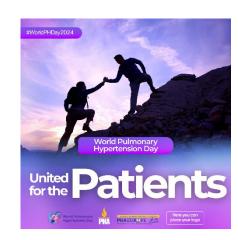


ALTERNATIVE VISUALS

14th of May PHA EUROPE

FB, IG, LI, TW Post As patients with pulmonary hypertension may not appear sick while battling one of this serious conditions, they often face discrimination and a lack of understanding. With the number of newly diagnosed patients on the rise, these challenges become even more pronounced. As we witness this increase, new challenges emerge, amplifying the need for change. By coming together and raising awareness, we can work towards a better future for those living with PH. Spreading awareness serves as a helping hand to PH patients, facilitating access to policies, therapies, healthcare support, early screenings, new research, and technologies. All of these advancements depend on recognizing patients' voices and providing assistance to those in need.

Let us all unite for the patients and for individuals who may find themselves in need of support.















ALTERNATIVE VISUALS

15th of May

PHA EUROPE

FB, IG, LI, TW Post There is currently no curative medication available for PH. Individuals with this debilitating condition must endure the many damaging effects it has on the body. However, there is hope as researchers increasingly recognize the intricate mechanisms underlying this condition and all possible contributing factors to the disease. This research opens doors to more personalized or tailored treatment options focused on the well-being of the patients and the reduction of any symptoms that may impair everyday functionality.

Just several decades ago, there were no treatment options at all. This fact alone radiates with optimism and suggests that complete cure is not entirely out of reach for many PH patients. CTEPH, for example, is potentially the only currently curable form of PH, where complex surgery to remove blood clots from the lung vessels can lead to complete healing.













ALTERNATIVE VISUALS

16[™] of May

FB, IG, LI, TW Post

PHA EUROPE

optional

Lung or heart-lung transplantation offers a beacon of hope for PH patients, especially those with PAH, when traditional treatments fall short. While it holds the potential to extend life, enhance quality of life, and even provide a cure, it's not without its risks and complexities. Typically considered a last resort for PAH patients, the significance of lung transplantation grows with ongoing research pinpointing new pathways as vital therapeutic targets, in addition to the three already well-known. Each discovery fuels optimism, unveiling alternatives beyond transplantation. With every breakthrough, we move closer to personalized treatments and a brighter horizon for all PH patients.





17 th of May	PHA EUROPE FB, IG, LI, TW Post	Access to care is about more than just healthcare—it's about providing patients with the support they need to thrive. From access to healthcare services to social support networks, education, employment, patient associations, and public transportation, every aspect plays a vital role in ensuring everyone can lead healthy and fulfilling lives. And with advanced double and triple therapies now used as the standard, we're seeing significantly better outcomes for patients who have access to them. Let's continue working towards a world where everyone has equal access to care and the opportunity to live their best lives!	Access to Care Access to care involves access to healthcare, social support and plants social support and plants social access to healthcare, social support and plants social access to healthcare, social support and plants social access to care involves access to healthcare, social support and plants social access to care involves access to healthcare, social social access to care availability of proper double and triple therapies is associated with significantly better outcomes. **MATTERS** **MATTERS** **MATTERS** **Percent-Cavegoot** AWARENESS MATTERS** **MATTERS** **Percent-Cavegoot** **Percent-Ca
20 th of May	PHA EUROPE FB, IG, LI, TW Post	In recent years, there has been a notable rise in the number of newly diagnosed patients and a growing prevalence of pulmonary hypertension (PH) across the globe. It is estimated that PH affects approximately 1.1% of the global population, with up to 10% of individuals aged 65 or older worldwide being affected. However, pulmonary hypertension registries worldwide suffer from an underrepresentation of ethnic and racial minority patients, making it challenging to accurately determine the prevalence of the disease within these groups.	World Pulmonary Hypertension Day Number of newly diagnosed PH patients is increasing. PHA PHONO PHONO 2024

21th of May	PHA EUROPE FB, IG, LI, TW Post	Clinical trials offer hope to many patients eagerly awaiting improved therapies capable of alleviating symptoms and enhancing their functional class. With ongoing research and the development of novel drugs targeting alternative pathways, numerous patients from pulmonary hypertension (PH) groups 2 and 3 are participating in clinical trials. While these trials and advancements in research bring renewed optimism and hope to the PH community, the issue of underrepresentation of ethnic and racial minority groups in major cardiac clinical trials persists. Presently, only 15% of patients enrolled in NIH trials are Black, and a mere 30% of the total patients identify as minorities. Asian countries face delay in distribution of newly approved medication and face limited access to the ongoing trials.	World Pulmonary Hypertension Day Clinical trials bring HOPE to PH patients PHACURE P
22 nd of May	PHA EUROPE FB, IG, LI, TW Post	Clinical trials play a crucial role in advancing treatment options for pulmonary hypertension (PH) patients and improving outcomes. A recent study analyzed over 200 PH trials involving more than 23,000 participants, revealing some eye-opening data. Nearly 68% of participants were females, highlighting the gender distribution in these trials. The majority of trials (95.6%) focused on testing drug interventions, often sponsored by industries (59.5%). Interestingly, 76.3% of trials targeted Group 1 PH patients, indicating a specific focus within the PH spectrum. Despite global attention, most trials (84.2%) were conducted in developed countries, raising questions about accessibility. Children participated in significantly fewer trials compared to adults, with all pediatric participants diagnosed with Group 1 PH and involved exclusively in drug intervention trials. These findings underscore the need for more inclusive and diversified approaches to PH research and treatment. Women and children with PH present unique characteristics that require tailored attention. Let's work together to ensure equitable access and comprehensive care for all PH patients!	Clinical Trials and PH RIVERSHITENCE Clinical Trials and PH Clinical Trials and PH Clinical Itals are crucial for PH patients to advance treatment options and improve outcomes. COLUMN TRANSPORTED TO THE PROPERTY OF TH

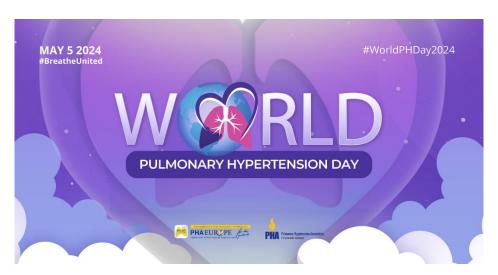
23 rd of May	PHA EUROPE FB, IG, LI, TW Post	Pulmonary Arterial Hypertension (PAH) isn't just an adult issue. In fact, it affects the youngest among us, too. PAH in the pediatric population is rare but no less devastating, with an estimated incidence of 4–10 cases per million children per year and a prevalence of 20–40 cases per million children. Let's join hands to shine a light on this often-overlooked aspect of PAH. Together, we can ensure that every child, regardless of their health challenges, receives the support and care they deserve. The feeling of isolation and accompanying psychological burden due to a harsh diagnosis is even more pronounced in the pediatric population. That's one of the strongest reasons why everyone should join the movement to raise awareness and make a positive impact in the lives of these brave young patients. Let every breath in support of the PH community count!	World Pulmonary Hypertension Day There are 20–40 cases per million children diagnosed with PAH. PHAEURIE PHAE
24 th of May	PHA EUROPE FB, IG, LI, TW Post	Group 2 pulmonary hypertension is due to left-sided heart disease and is the most common cause of PH. Black individuals have higher rates of heart failure compared to white individuals and are at greater risk of this form of PH. The highest incidence of congestive heart failure was in the Black American population, followed by Hispanic individuals, white individuals, and then Asian individuals, respectively. Group 3 pulmonary hypertension is characterized by elevated pressure in the pulmonary circulation due to lung diseases or low oxygen levels. Patients with PH due to chronic lung diseases like COPD, interstitial lung disease, overlap syndromes, or conditions that cause hypoxemia, like obstructive sleep apnea or alveolar hypoventilation disorder, are classified as having group 3 PH. While COPD, IL, and OSA remain the most common lung diseases resulting in PH, the incidence of pulmonary hypertension in idiopathic pulmonary fibrosis goes up to 55%. Groups 2 and 3 are the most common and lethal forms of PH.	World Pulmonary Hypertension Day Groups 2 and 3 are the most common and lethal forms of PH World Philips 2024 World Pulmonary Hypertension Day Groups 2 and 3 are the most common and lethal forms of philips probability Philips Philips Philips Pool Nagar Philips Phili

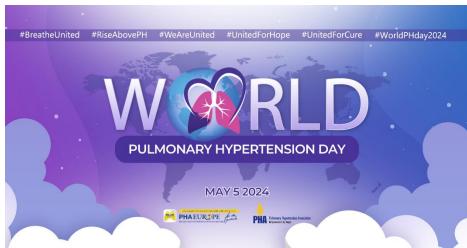
25 th of May	PHA EUROPE FB, IG, LI, TW Post	Women have up to seven times the risk of developing idiopathic pulmonary hypertension (PH) than men and generally exhibit symptoms up to ten years earlier than men. They are also at higher risk for autoimmune disorders associated with the development of PH, such as lupus and rheumatoid arthritis. Researchers are finding a correlation between female sex hormones and PH. Women are also more frequently affected by pulmonary arterial hypertension (PAH), one of the most severe forms of PH, compared to their male counterparts. PAH usually affects women between the ages of 30-60. The cause of PAH remains unknown; however, approximately 15-20% of patients with PAH have heritable forms of the condition.	World Pulmonary Hypertension Day Women face up to seven times the risk of men for developing idiopathic pulmonary hypertension.
27 th of May	PHA EUROPE FB, IG, LI, TW Post	Left heart disease (LHD) and chronic lung disease ARE the most common cause of PH. Left heart disease as the leading cause of PH and the global burden has doubled from 1990 to 2013 affecting more than 27 million people worldwide. At least 68% of PH patients have PH due to congestive heart failure.	World Pulmonary Hypertension Day Left heart disease (LHD) and chronic lung disease are the most common cause of PH **WorldPHDby2024** **WorldPHDby2024** World Pulmonary Hypertension Day **Left heart disease (LHD) and chronic lung disease are the most common cause of PH **PARTITION OF THE PARTIES OF

28 th of May	PHA EUROPE FB, IG, LI, TW Post	Prolonged exposure to high altitudes can lead to pulmonary hypertension (PH). Factors like chronic hypoxia, vasoconstriction, inflammation, and increased pulmonary blood flow contribute to the development of group 3 PH. Let's spread awareness and ensure everyone knows the risks.	World Pulmonary Hypertension Day Living at a high altitude for a prolonged period can cause PH. PARTIMAT AND PROPERTY
29 th of May	PHA EUROPE FB, IG, LI, TW Post	Breathlessness, reported by over 86% of patients, stands as the most common symptom of PH, often accompanied by fatigue and chest pain. Unfortunately, these symptoms are frequently mistaken for conditions like asthma or COPD, leading to misdiagnosis. Patients often describe their breathlessness as akin to breathing through a narrow straw while feeling as though their noses are clipped. The strain on the heart arises from the increased resistance in the pulmonary arteries due to PH. This forces the heart's right ventricle to work harder to pump blood through the narrowed vessels, leading to hypertrophy (enlargement) of the heart's right ventricle. Over time, if left untreated, this strain can progress to heart failure, exacerbating the patient's overall health condition and prognosis. Awareness matters!	World Pulmonary Hypertension Day Most common symptom of PH is shortness of breath. PHAEURYPE P

30 th of May	PHA EUROPE FB, IG, LI, TW Post	Let's stay united in raising awareness about PH beyond May! Remember to raise your five fingers, symbolizing May 5th, representing 5 different groups of PH, and the five crucial things we're fighting for: early diagnosis, hope, access to care, patients, and our unwavering commitment to finding a cure for PH. Together, let's shine a spotlight on this important cause and make a lasting impact! Let's continue to breathe in unity for the global PH community!	Let's remain united to Cure PH
31 st of May END	PHA EUROPE FB, IG, LI, TW Post Two alternative visuals with different hand color	A heartfelt thank you to everyone who raised awareness for pulmonary hypertension on #WorldPHDay2023. Your support empowers the global PH community. Because of you, we're one step closer to a world where everyone with PH can breathe easier, live stronger, and reach for a cure. With your helping hand, all five crucial elements that the global PH community fights for are getting closer to becoming our reality. The journey continues, but we stand united. Let's keep the momentum going! We are all proud of the global PH community standing united and stronger than ever.	

COVER IMAGES - EDITABLE



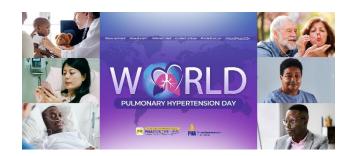


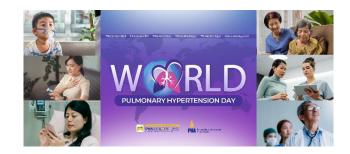


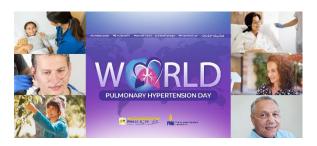


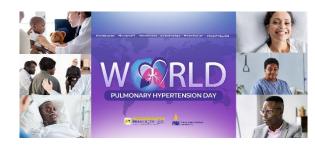


ADDITIONAL COVER IMAGES - EDITABLE









ADDITIONAL INFORMATION

Hashtags: #WorldPHDay2024 #WeBreatheUnited #WPHD #pulmonaryhypertension #UnitedToCurePH #UnitedForDiagnosis #awareness #patientcare #patientempowerment #UnitedForCure #PHAEurope

*For each of the five main postings — United for Early Diagnosis, Hope, Access to Care, For the Patients, and To Cure PH — we have prepared alternative visuals featuring different models and settings.

The editable Canva template with all visuals is available at the following link: $\overline{\sf LINK}$

