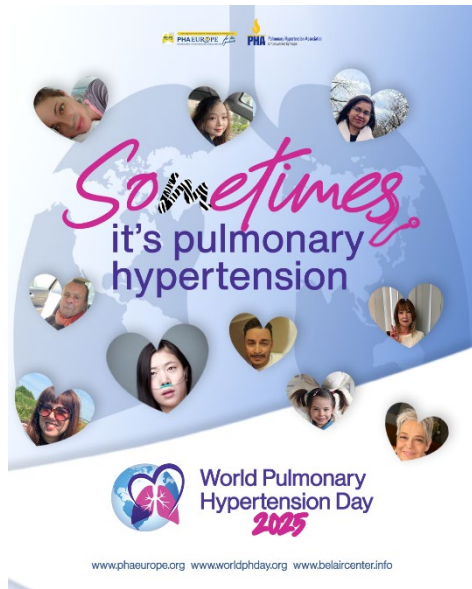


# World PH Day 2025 – Posting plan for Informational posts and Infographics

DATE	FORMAT	COPY/text with hashtags	VISUAL to be published
30 <sup>th</sup> of April		<p>This World Pulmonary Hypertension Day, we amplify the voices of patients worldwide. Under the banner “Sometimes, it’s pulmonary hypertension”, we shine a spotlight on the often-overlooked struggle for a timely and accurate diagnosis.</p> <p>Through over 60 powerful patient stories, PHAEUROPE and PH organizations across the globe come together — united with patients, families, and caregivers — to illuminate the deeply personal journeys of those living with this invisible, life-altering disease. Each story is unique, yet they are all connected by a common thread: the long road to recognition, the fight for answers, and the shared hope for a better future.</p> <p>Pulmonary hypertension is a serious, progressive condition that knows no borders. It can affect anyone — regardless of age, sex, or race. This World PH Day, we call for awareness, early diagnosis, and solidarity across continents. Because behind every delay is a life waiting to be understood and preserved.</p> <p><b>This May 5 and beyond, embrace the power of World Pulmonary Hypertension Day. Let’s unite to raise our voices, spark awareness, and shine a light on the reality of pulmonary hypertension — a condition that profoundly affects lives across the globe. Together, we can drive change, inspire hope, and bring visibility to the invisible.</b></p> <p>→<a href="http://www.worldphday.org">www.worldphday.org</a>  →<a href="http://www.phaeurope.org">www.phaeurope.org</a>  →<a href="http://belaircenter.info">belaircenter.info</a></p>	

1<sup>st</sup> of  
May

This year, our World PH Day toolkit comes in three powerful formats — ready-to-use materials designed to inspire, inform, and engage. You can explore and customize our infographics, informational posts, and over 60 patient testimonials. Each visual and story can be easily translated and adapted, giving you the tools to raise awareness of pulmonary hypertension in your own language and community.

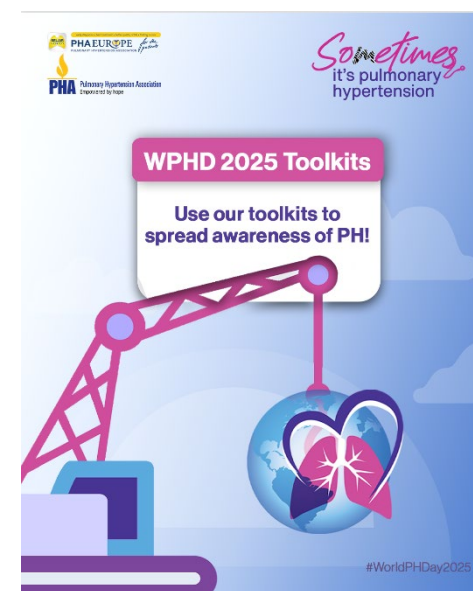
From every corner of the world, unique patient stories come together to break down the barriers that have long kept PH invisible. On May 5th, and throughout the campaign, we stand united — empowering patients, caregivers, and the entire PH community to raise their voices.

Let the world see the true face of pulmonary hypertension — but more importantly, let it witness what hope, determination, and resilience truly mean through the powerful voices of patients sharing their personal stories.

→ [www.worldphday.org](http://www.worldphday.org)

→ [www.phaeurope.org](http://www.phaeurope.org)

→ [belaircenter.info](http://belaircenter.info)



2<sup>nd</sup> of  
May

Pulmonary Hypertension (PH) is an umbrella term for a group of conditions that cause high blood pressure in the lungs. It is triggered by various underlying causes that affect the blood vessels responsible for carrying blood from the heart to the lungs to receive oxygen. As a result, PH impacts both the lungs and the heart, and if left untreated, it can lead to heart failure and severely compromise overall health.

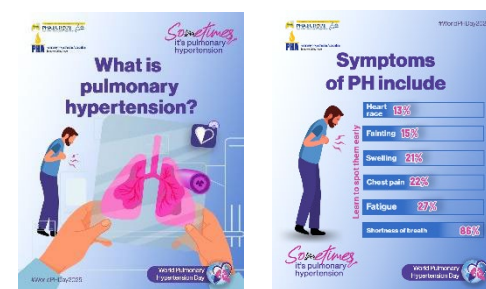
Early detection and timely treatment are critical.

PH can affect people of all ages, everywhere. Its symptoms — such as shortness of breath, fatigue, and chest pain — are often non-specific and easily mistaken for more common, less serious conditions. This makes misdiagnosis one of the most significant challenges faced by PH patients today.

→ [www.worldphday.org](http://www.worldphday.org)

→ [www.phaeurope.org](http://www.phaeurope.org)

→ [belaircenter.info](http://belaircenter.info)



4<sup>th</sup> of May

Tomorrow, we mark World Pulmonary Hypertension Day — but for those living with this chronic and progressive disease, every day is marked by PH. Too often, patients are overlooked or dismissed because the severity of PH isn't visible from the outside. This invisibility leads to delayed diagnoses, frequent misdiagnoses, and barriers to care — all of which contribute to poorer outcomes.

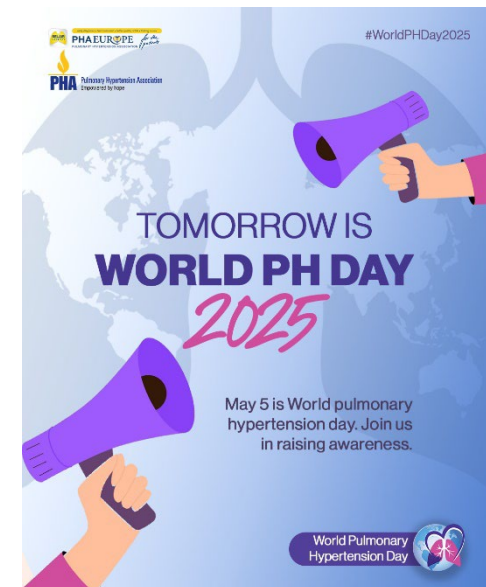
On this day — and every day — we stand with PH patients in their ongoing fight for understanding, timely diagnosis, access to care, better quality of life and ultimately, a cure.

**Join us in raising awareness — because sometimes, it's PH. A life-altering and serious condition that can affect anyone.**

→ [www.worldphday.org](http://www.worldphday.org)

→ [www.phaeurope.org](http://www.phaeurope.org)

→ [belaircenter.info](http://belaircenter.info)



5<sup>th</sup> of  
May

### **Today is World Pulmonary Hypertension Day.**

Observed globally on May 5th and spearheaded by PHAEUROPE, the umbrella association uniting European and global PH patient organizations, we connect all PH voices into one powerful movement.

Join us today and throughout May and June by sharing our informational posts and patient testimonials. Use our toolkits to translate these materials and personal stories into your own languages, bringing the impactful journeys of PH patients closer to your community.

By sharing these personal stories, we don't just raise awareness about PH — we amplify the power of each individual's journey, honoring the value of every life and empowering our global community to stand stronger together in overcoming the many obstacles PH patients often face. World PH Day is also an opportunity for patients to express their gratitude to their families, caregivers, PH specialists, and all the remarkable individuals without whom PH patients would be far weaker in this ongoing battle with a chronic condition.


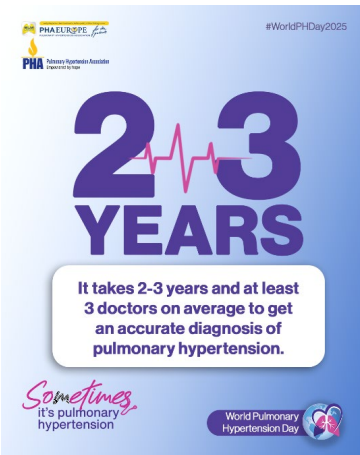
→ [www.worldphday.org](http://www.worldphday.org)

→ [www.phaeurope.org](http://www.phaeurope.org)



→ [belaircenter.info](http://belaircenter.info)

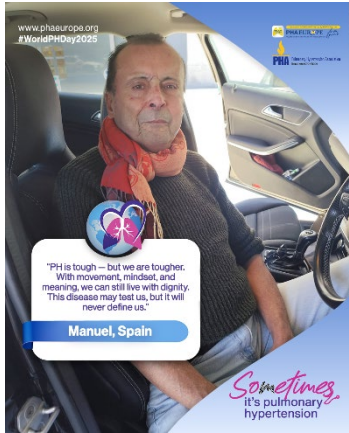





5 <sup>th</sup> of May		<p style="text-align: center;"><b>Sometimes, it's PH.</b></p> <p><b>Pulmonary Hypertension patient Anna from Austria shares her personal story of facing the diagnosis and going through life, acknowledging that PH is just one part of it, not the thing that defines her life.</b></p> <p style="text-align: center;"><b>Her motto is: "I'm leading a life with PH, but not for it."</b></p>	
6 <sup>th</sup> of May		<p>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 condition's complex nature. The unspecific symptoms, lack of screenings, and limited testing contribute to the delays and frequent misdiagnoses, making the journey to a correct diagnosis a complicated one. Time matters. Early diagnosis leads to a better prognosis. Patients diagnosed within 3 months of symptom onset are often categorized as low or intermediate risk. However, the reality is that most patients are diagnosed only after the disease has already progressed to a severe form.</p> <p style="text-align: center;"> → <a href="http://www.worldphday.org">www.worldphday.org</a>  → <a href="http://www.phaeurope.org">www.phaeurope.org</a>  → <a href="mailto:belaircenter.info">belaircenter.info</a> </p>	


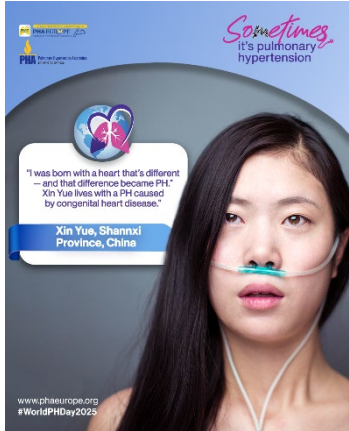
<p>6<sup>th</sup> of May</p>		<p style="text-align: center;"><b>Sometimes, it's PH.</b></p> <p>Nazia's story is one of resilience. Born and raised in India, she struggled with breathlessness from childhood, but doctors dismissed it as simply being underweight. Despite also having an undiagnosed atrial septal defect (ASD), Nazia pushed herself to excel, earning a silver medal from one of India's top colleges and landing her dream job as a software engineer.</p> <p>However, at 25, a routine health check-up revealed a life-changing diagnosis: pulmonary hypertension (PH) and a "large" ASD. For years, her condition went undiagnosed and mistreated, causing her health to silently deteriorate. At 30, struggling with fatigue and breathlessness, she left her job and thought she was nearing the end.</p> <p>But life had other plans. Just two months later, Nazia moved to Berlin for a new job. In Germany, advanced diagnostics revealed her ASD was smaller than initially thought, and she had severe idiopathic pulmonary arterial hypertension (IPAH), a rare and often misdiagnosed condition. Her previous treatments were dangerously inadequate.</p> <p>Today, under the care of a specialized pulmonology team, Nazia is receiving targeted therapies, which offers her cautious optimism. Her doctors call her a "medical marvel," but for Nazia, the real triumph is her survival—driven by an unwavering refusal to surrender.</p> <p style="text-align: center;">Her motto is: "I survived because I refused to surrender."</p>	
<p>7<sup>th</sup> of May</p>		<p>Pulmonary Hypertension (PH) isn't just one condition, but a spectrum of five distinct groups, each with unique causes and symptoms, and varying in severity. Understanding these groups is crucial for accurate diagnosis and effective management.</p> <p><b>Pulmonary Arterial Hypertension (PAH):</b> This group is characterized by dysfunction in the lung arteries, causing blockages that impede blood flow and increase pressure in the lungs. PAH is often linked to genetic mutations, autoimmune diseases, and certain medications.</p> <p><b>PH due to Left Heart Disease:</b> This form arises when problems in the left side of the heart, such as heart failure or valvular disease, cause pressure to build up in the lungs. It is the most common form of PH in adults.</p> <p><b>PH due to Chronic Lung Disease:</b> When underlying lung conditions, such as COPD or interstitial lung disease, impede normal blood flow, it can lead to PH. This is common in patients with long-standing respiratory conditions.</p> <p><b>Chronic Thromboembolic Pulmonary Hypertension (CTEPH):</b> Persistent blood clots in the lungs obstruct blood flow, leading to high pressure in the pulmonary arteries. CTEPH can develop after pulmonary embolisms (PE) and is unique in that it may be surgically treatable.</p> <p><b>PH with Unknown Cause:</b> In some cases, the root cause of PH remains unidentified, which makes diagnosis and treatment more challenging. And sometimes, many different hematologic and systemic disorders lead to PH.</p> <p>Interestingly, many adult patients (35.4%) have more than one form of PH, with the most common overlap being Groups 2 and 3 (29.3%) — a combination of left heart disease and chronic lung disease!</p>	



7th of May		<p>Sometimes, it's PH.</p> <p>Ngoc Thao Tran's journey from Vietnam is one of survival against overwhelming odds. After a terrifying episode of coughing up blood, she was misdiagnosed with tuberculosis and treated with medication that caused severe liver damage. Meanwhile, her undiagnosed idiopathic pulmonary arterial hypertension (IPAH) was worsening, leading to multi-organ failure and heart failure.</p> <p>Transferred for urgent cardiac treatment, doctors warned her family to prepare for the worst. Doctors said her heart could stop at any moment, and her blood pressure was dangerously close to zero. But Ngoc Thao defied the odds and survived. With the help of oxygen therapy and pulmonary vasodilators, she began to recover, slowly regaining the ability to walk and perform basic tasks.</p> <p>Her journey has been filled with pain, fear, and hope. Now, every breath is a gift, and every moment a victory. Ngoc Thao's story is a reminder that PH is often overlooked until it's almost too late, and raising awareness can save lives.</p> <p>Her motto is: "I treasure every breath, every small victory, and every ordinary moment."</p>	 <p>www.phaurope.org #WorldPHDay2025</p> <p>PH International Day PHIA World Pulmonary Arterial Hypertension Day</p> <p>"They said my heart could stop at any moment. But it didn't. I'm still here — breathing, walking, living. And now, I speak up so no one else is almost lost to a disease that was just PH."</p> <p>Thao Ngoc Tran, 29, Vietnam</p> <p>Sometimes, it's pulmonary hypertension</p>
8th of May		<p>Sometimes, it's PH.</p> <p>Roby from Stuttgart has been battling pulmonary hypertension (PH) alongside histiocytosis X since 2006. His children have been his greatest source of strength throughout the fight. Unfortunately, his condition has worsened since 2025, and he is currently undergoing preliminary examinations for a potential lung transplant. While the thought of the transplant fills him with fear, Roby knows it may be his only choice.</p>	 <p>www.phaurope.org #WorldPHDay2025</p> <p>PH International Day PHIA World Pulmonary Arterial Hypertension Day</p> <p>"I've battled PH since 2006. It worsened in 2025, and I'm now undergoing lung transplant evaluations. I'm scared but have no other choice. My children are my strength."</p> <p>Roby, 44, Germany</p> <p>Sometimes, it's pulmonary hypertension</p>

9th of May		<p>Sometimes, it's PH.</p> <p>Although pulmonary hypertension (PH)—with its five distinct groups—affects women more, men can also suffer from it, with a slightly worse prognosis. Manuel's personal story is one of dignity, showing that despite debilitating symptoms, PH does not have to define us. With the right mindset, even a rare and progressive condition like PH can be managed. Manuel's journey teaches us that no disease can take away our sense of self.</p>	 <p>www.phaeurope.org #WorldPHDay2025</p> <p>"PH is tough — but we are tougher. With movement, mindset, and meaning, we can still live with dignity. This disease may test us, but it will never define us."</p> <p>Manuel, Spain</p> <p><i>Sometimes,</i> it's pulmonary hypertension</p>
9th of May		<p>Sometimes, it's PH.</p> <p>Eleonora, from Bell Ville in Córdoba, Argentina, was diagnosed with idiopathic pulmonary hypertension (PH) in September 2014 during the seventh month of her second pregnancy. Before her diagnosis, she lived a very active life, working full-time, raising her daughter, and practicing sports like swimming and gym workouts. Gradually, she began experiencing unexplained shortness of breath and fatigue, which worsened during pregnancy. Her diagnosis came after a severe episode that led to an emergency hospital visit, a C-section, and 21 days of hospitalization.</p> <p>Adjusting to life with PH was emotionally and physically challenging, but Eleonora found strength in her children and support from her family. She emphasizes the importance of understanding the disease, staying active (with medical guidance), and maintaining a positive attitude.</p> <p>What she is most proud of is overcoming her limitations—going from being unable to cross the street without gasping for breath to successfully climbing a mountain, a moment she describes as beautiful and unforgettable.</p>	 <p>www.phaeurope.org #WorldPHDay2025</p> <p>"Dreams come true when you put your heart, passion, and dedication into them. Yes, you can do it... Just believe in yourself!"</p> <p>Eleonora, Argentina</p> <p><i>Sometimes,</i> it's pulmonary hypertension</p>

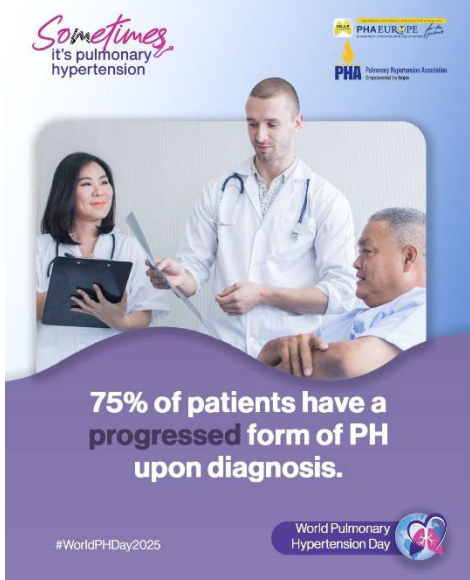

10th of May		<p>Pulmonary hypertension can strike anyone. PH knows no boundaries. Know the symptoms and spread awareness. Prompt diagnosis saves lives.</p> <p>PH can arise from a variety of contributing factors, including schistosomiasis, congenital heart disease, lupus, sarcoidosis, pulmonary embolism, chronic obstructive 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!</p> <p>→<a href="http://www.worldphday.org">www.worldphday.org</a>  →<a href="http://www.phaeurope.org">www.phaeurope.org</a>  →<a href="http://belaircenter.info">belaircenter.info</a></p>	 <p><i>Sometimes</i> it's pulmonary hypertension</p> <p>PHAEUROPE Pulmonary Hypertension Association Europe</p> <p><b>Pulmonary hypertension can strike anyone. PH knows no boundaries. Know the symptoms and spread awareness.</b></p> <p>#WorldPHDay2025 World Pulmonary Hypertension Day</p>
10th of May		<p>Sometimes, it's PH.</p> <p>Yoko from Japan has been living with pulmonary arterial hypertension (PAH) for over 20 years. Despite the challenges, she continues to move forward with the help of oxygen, epoprostenol, and an unwavering sense of hope. Yoko chooses joy, connection, and supports others in doing the same, proving that even in the face of PAH, life can still be filled with purpose and positivity.</p>	 <p>PHAEUROPE Pulmonary Hypertension Association Europe</p> <p><i>Sometimes</i> it's pulmonary hypertension</p> <p>"I've lived with PAH for over 20 years. With oxygen, epoprostenol, and hope — I keep going. I choose joy, I choose connection, and I keep helping others do the same."</p> <p>Yoko, Japan</p> <p><a href="http://www.phaeurope.org">www.phaeurope.org</a> #WorldPHDay2025</p>





11 <sup>th</sup> of May		<p>Sometimes, it's PH.</p> <p>Eylin, a strong little lady from Austria, is just 5 years old and carries the heavy burden of pulmonary hypertension, a condition that can affect children too. Despite the challenges it brings, including symptoms that make simple activities difficult, Eylin still dreams of running, playing, and doing what other children do. But she faces each day with a smile, knowing that her heart is stronger than any diagnosis.</p>	 <p>www.phaeurope.org #WorldPHDay2025</p> <p>"I'm 5 and I have something called PH. Sometimes I get tired fast, but I still love to play, sing, and smile. My heart is strong – just like me."</p> <p>Eylin, 5, Austria</p> <p><i>Sometimes</i> it's pulmonary hypertension</p>
12 <sup>th</sup> of May		<p>Sometimes, it's PH!</p> <p>Different is unique, but with uniqueness come challenges and many obstacles. Xin Yue's life began with one big and unique challenge—being born with a heart that's different. That difference ultimately led to her diagnosis of pulmonary hypertension (PH) caused by congenital heart disease. While it shaped her life, Xin Yue has never let it define her. Instead, she continues to shape her own path, appreciating the beauty in every moment and embracing the strength that comes from overcoming obstacles.</p> <p>A different heart can be a stronger heart.</p>	 <p>www.phaeurope.org #WorldPHDay2025</p> <p><i>Sometimes</i> it's pulmonary hypertension</p> <p>"I was born with a heart that's different — and that difference became PH." Xin Yue lives with a PH caused by congenital heart disease."</p> <p>Xin Yue, Shannxi Province, China</p>



12 <sup>th</sup> of May		<p>This International Nurses Day, we celebrate the heartbeat of pulmonary hypertension care — our nurses.</p> <p>To every nurse standing beside PH patients through the highs and lows, your compassion, expertise, and strength light the way in even the darkest moments. You don't just treat symptoms — you listen, support, advocate, and heal.</p> <p>From the first moment of diagnosis to every step of the journey, you are the steady presence, the calming voice, and the hands that hold hope. Your impact reaches far beyond the clinic — it touches lives, lifts spirits, and empowers entire families.</p> <p>💙 Thank you for breathing in unison with the PH community</p> <p>→ <a href="http://www.worldphday.org">www.worldphday.org</a>  → <a href="http://www.phaeurope.org">www.phaeurope.org</a>  → <a href="http://belaircenter.info">belaircenter.info</a></p>	
12 <sup>th</sup> of May		<p>Sometimes, it's PH!</p> <p>Einat was diagnosed with pulmonary hypertension in 2011 during her first pregnancy. She tragically lost her mother to the disease at just 6 years old, and her twin sister passed away after a 10-year battle with PH, despite the tireless efforts for a transplant.</p> <p>Einat is deeply grateful for the dedicated team at Beilinson's Pulmonary Institute, especially Ilana Bakal, who goes above and beyond for her patients. She also credits Professor Kramer for helping her cope with her illness and praises Dr. Danny Goorfield and the Thoracic Surgery team for fighting for her sister's life.</p> <p>She's also thankful for the support and resources she's found within the Israeli Pulmonary Hypertension Association, always a place to turn to for help and understanding.</p>	




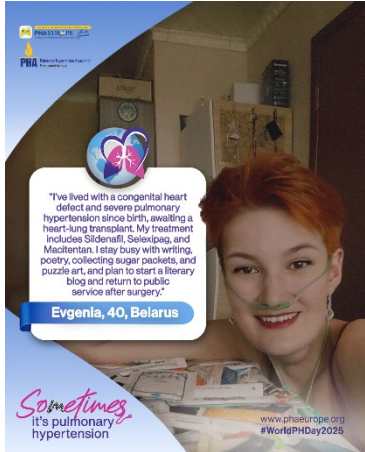
13 <sup>th</sup> of May		<p>75% of patients are diagnosed with progressed pulmonary hypertension (PH) — meaning by the time they get the diagnosis, the disease is already advanced.</p> <p>💔 60–80% of patients experience diagnostic delays, often 1 to 4 years after their first symptoms appear. This means precious time is lost, and PH has already started taking a toll on the heart and lungs.</p> <p>🔍 Early diagnosis = better prognosis. Time is everything when it comes to PH. Let's raise awareness, push for faster diagnoses, and ensure no one is left in the dark.</p> <p>→ <a href="http://www.worldphday.org">www.worldphday.org</a>  → <a href="http://www.phaeurope.org">www.phaeurope.org</a>  → <a href="http://belaircenter.info">belaircenter.info</a></p>	 <p><i>Sometimes</i> it's pulmonary hypertension</p> <p>PHAEUROPE Primary Hypertension Association European Chapter</p> <p>75% of patients have a progressed form of PH upon diagnosis.</p> <p>#WorldPHDay2025</p> <p>World Pulmonary Hypertension Day</p>
13 <sup>th</sup> of May		<p>Sometimes, it's PH!</p> <p>Enida Čepalo, 29, from Bosnia and Herzegovina, was diagnosed with a heart defect, VSD (ventricular septal defect), at birth, which eventually led to severe pulmonary hypertension (Eisenmenger syndrome). She is a PH patient on constant oxygen therapy and shares that, although she may appear healthy, pulmonary hypertension is hidden inside her. She likes to say that she is rare because of what is inside her.</p>	 <p>www.phaeurope.org #WorldPHDay2025</p> <p>PHAEUROPE Primary Hypertension Association European Chapter</p> <p>"At birth, I was diagnosed with a heart defect, VSD (ventricular septal defect), which led to the development of severe pulmonary hypertension (Eisenmenger syndrome)."</p> <p>Enida, 29, Bosnia&amp;Herzegovina</p> <p><i>Sometimes</i> it's pulmonary hypertension</p>

13 <sup>th</sup> of May		<p>Sometimes, it's PH!</p> <p>My name is Brinley Marks, and I am 20 years old living in Edmonton, Alberta Canada. I was diagnosed with PAH (BMPR2+) in 2020 after collapsing in gym class. I am on triple oral therapy and oxygen around the clock. I understood that my diagnosis was heavy and dark but with the help of my family, friends, and the PH community, I have never felt scared or alone. Now that I am older and involved in the community, I feel excited for my future and to see what's up and coming with PH research and any medical advancements.</p>	
14 <sup>th</sup> of May		<p><b>ZEBRA VIDEO</b></p> <p>Pulmonary hypertension (PH) is the medical zebra—rare, often mistaken for something more common. When you hear hoofbeats, you expect horses, not zebras. PH's symptoms overlap with many other conditions, making it easy to miss. This is why early detection and specialized testing are so important! Recognizing the signs could be the key to a timely diagnosis. Let's raise awareness—don't let PH go undiagnosed.</p>	

<p>14<sup>th</sup> of May</p>		<p style="text-align: center;"><b>Sometimes, it's PH!</b></p> <p>Alexander was diagnosed with idiopathic pulmonary arterial hypertension in 2018—a moment that changed everything. Until then, life felt normal: a happy childhood, A-levels, a degree in social pedagogy, and a deep love for football. But around the age of 30, he began noticing a decline in performance. What seemed like simple weight gain turned out to be severe water retention.</p> <p>In May 2018, after a GP visit due to breathing difficulties, a blood test revealed an urgent risk of heart attack. He was immediately hospitalized, and after four weeks of intensive diagnostics, came the diagnosis—and the beginning of a new life.</p> <p>Since then, Alexander has lost 30 kg, gained clarity, and shifted his outlook. He continues to work full-time in open youth work, teaches 2nd-grade math, and is pursuing a degree in special education. He also coaches young footballers and manages the sports section of a club with 200 active players.</p> <p>“I’m positive about the future and still have a lot planned. I’ve learned to live with PH without letting it limit me—and I hope it stays that way.”</p>	 <p>A promotional image for Alexander, a man from Germany. It features a heart icon with a pulse line and text stating: "Diagnosed with idiopathic pulmonary arterial hypertension, I faced a turning point in 2018 after struggling with breathlessness and unexplained weight gain. That day in May changed everything." Below this, it says "Alexander, Germany". The image also includes the website "www.phaeurope.org", the hashtag "#WorldPHDay2025", and the slogan "Sometimes, it's pulmonary hypertension".</p>
<p>14<sup>th</sup> of May</p>		<p style="text-align: center;"><b>Sometimes, it's PH!</b></p> <p>Ann was diagnosed with idiopathic pulmonary arterial hypertension (IPAH) in June 2024, after a sudden onset of breathlessness in February that same year. At first, the signs of PH were missed by her initial cardiologist, leading to months of extensive testing to rule out other lung or systemic conditions. It wasn't until a second opinion and a right heart catheterization that the diagnosis was confirmed, with an mPAP of 52 mmHg.</p> <p>Treatment began in July 2024, and a follow-up catheterization has since shown a reduction in mPAP to 45 mmHg—an encouraging sign of progress. Ann considers herself fortunate to have no other underlying health conditions and remains active, enjoying travel and walking in the scenic countryside near her home, though she admits that hills are still a major challenge.</p>	 <p>A promotional image for Ann Sala, a woman from Cyprus. It features a heart icon with a pulse line and text stating: "Diagnosed with IPAH in 2024 after months of breathlessness and a missed diagnosis. I'm on Sildenafil and Bosentan, and recently approved for Winrevar. I still enjoy walking and traveling – just taking the hills a little slower." Below this, it says "Ann Sala, 67, Cyprus". The image also includes the website "www.phaeurope.org", the hashtag "#WorldPHDay2025", and the slogan "Sometimes, it's pulmonary hypertension".</p>

15 <sup>th</sup> of May		<p>There is currently no curative medication available for pulmonary hypertension (PH). While ongoing research and the development of new therapeutic approaches have significantly improved survival rates and quality of life, access to care remains highly unequal across the globe. Supportive therapies — such as oxygen, vasodilators, and medications that support heart and lung function — are not universally available or accessible, creating serious barriers for many patients. In fact, over 60% of patients in low- and middle-income countries lack access to advanced PH therapies, further widening the gap in treatment outcomes.</p> <p>→<a href="http://www.worldphday.org">www.worldphday.org</a>  →<a href="http://www.phaeurope.org">www.phaeurope.org</a>  →<a href="http://belaircenter.info">belaircenter.info</a></p>	 <p>PHAEUROPE Pulmonary Hypertension Association Empowering to live</p> <p>#WorldPHDay2025</p> <p>Over 60% of patients in low- and middle-income countries lack access to advanced PH therapies.</p> <p>Access to Treatment is Vital</p> <p>Sometimes it's pulmonary hypertension</p> <p>&gt;60%</p>
15 <sup>th</sup> of May		<p>Sometimes, it's PH!</p> <p>Ayalah Rosenthal is living with scleroderma, which has also led to the development of pulmonary hypertension.</p> <p>She describes PH as a feeling of helplessness—like there's no air, with even walking becoming a struggle. Daily life now means being constantly dependent on an oxygen concentrator, whether portable or stationary: her “new best friend.”</p> <p>Back in 2020, while working as a kindergarten assistant, Ayalah began to feel the changes. Gradually, simple things became difficult: moving around, speaking, breathing—even crying.</p>	 <p>PHAEUROPE Pulmonary Hypertension Association Empowering to live</p> <p>Sometimes it's pulmonary hypertension</p> <p>“Pulmonary hypertension feels like helplessness — no air, barely able to walk. My oxygen concentrator became my new best friend. It started in 2020, while I was working at a kindergarten... and everything became difficult — moving, breathing, even crying.”</p> <p>Ayalah, Israel</p> <p><a href="http://www.phaeurope.org">www.phaeurope.org</a> #WorldPHDay2025</p>

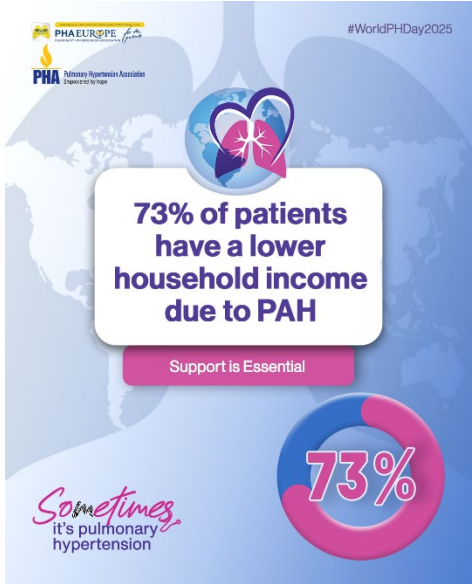

16 <sup>th</sup> of May		<p>While PAH can affect anyone, it is more commonly diagnosed in women between the ages of 30 and 60. Despite this, men with PAH often have a worse prognosis, possibly due to differences in heart response and hormones.</p> <p>Though there is no cure yet, targeted therapies have significantly improved quality of life and outcomes for many patients with PAH. Long term survival of patients with the most severe forms of PH has increased from 2.8 years to 7 years in recent years.</p> <p>→<a href="http://www.worldphday.org">www.worldphday.org</a>  →<a href="http://www.phaeurope.org">www.phaeurope.org</a>  →<a href="http://belaircenter.info">belaircenter.info</a></p>	
16 <sup>th</sup> of May		<p>Sometimes, it's PH!</p> <p>Nadezhda has lived with congenital heart disease, Eisenmenger syndrome, and severe pulmonary hypertension since childhood.</p> <p>She's currently on the waiting list for a heart-lung transplant.</p> <p>For Nadezhda, it's about living life one day at a time.</p>	

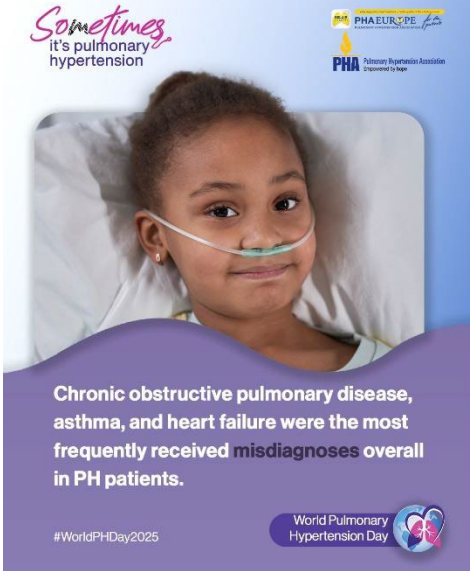

17 <sup>th</sup> of May		<p>Sometimes, it's PH!</p> <p>Nastya is living with pulmonary hypertension. Because of her condition, she can't attend school like other kids—her teacher comes to her home instead.</p> <p>She takes oral pills three times a day, and every day, she recharges with oxygen, wearing her mask and breathing for about an hour.</p> <p>Nastya loves reading and drawing—and dreams of learning how to swim one day.</p>	
17 <sup>th</sup> of May		<p>Sometimes, it's PH!</p> <p>Evgenia has lived with a congenital heart defect—Taussig-Bing anomaly—and severe pulmonary hypertension since birth. She is currently waiting for a heart-lung transplant.</p> <p>Beyond her medical journey, Evgenia is a creative soul. She collects sugar packets, writes poetry, and is searching for a publisher to release her book. She also enjoys assembling puzzle art and is planning to start a literary-themed blog. After surgery, she hopes to continue her path in public service—the field she studied.</p>	

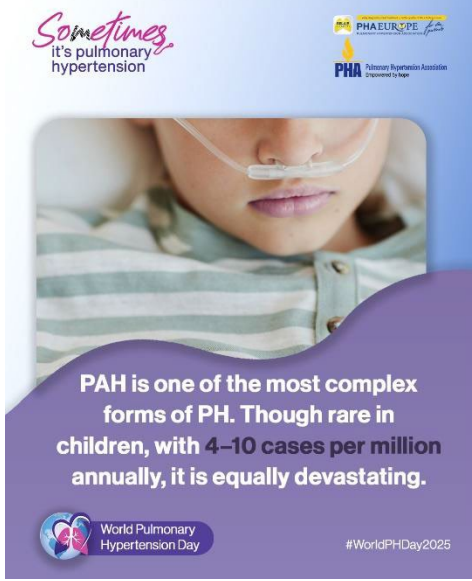
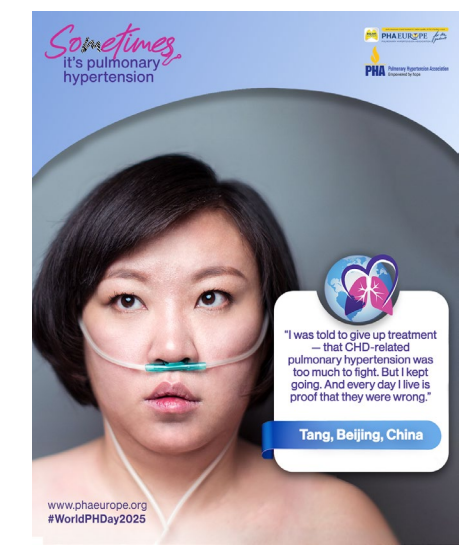


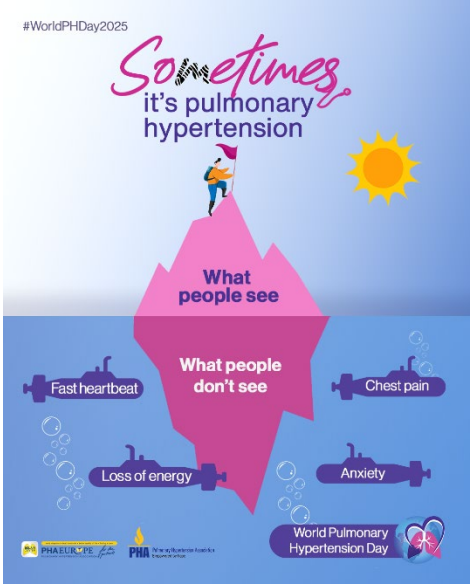

18 <sup>th</sup> of May		<p>Sometimes, it's PH!</p> <p>Evgenia has lived with a congenital heart defect—Taussig-Bing anomaly—and severe pulmonary hypertension since birth. She is currently waiting for a heart-lung transplant.</p> <p>Beyond her medical journey, Evgenia is a creative soul. She collects sugar packets, writes poetry, and is searching for a publisher to release her book. She also enjoys assembling puzzle art and is planning to start a literary-themed blog. After surgery, she hopes to continue her path in public service—the field she studied.</p>	
18 <sup>th</sup> of May		<p>Sometimes, it's PH!</p> <p>"When I started to get tired and find it difficult to climb the stairs, I knew something was wrong, since I had been very active all my life. Unfortunately, it took four and a half years to receive the correct diagnosis—pulmonary arterial hypertension. Since then, my life has completely changed. All the things I used to do—working, sports, running, dancing—became impossible. Fatigue is a constant presence.</p> <p>After receiving the correct diagnosis, with the help of the Pulmonary Hypertension Association from Serbia, I received therapies, which we are still fighting for. Oxygen therapy was one of the first treatments I started. I now use oxygen for 16-18 hours a day, sometimes even 24 hours.</p> <p>Despite all the challenges, I try to maintain a positive attitude and live the best life I can. I work online, travel, and continue to receive support from my children, family, friends, and the patients who have become my close friends over time.</p> <p>I have blue lips and a diagnosis of pulmonary hypertension since 2016, but pulmonary hypertension does not have me."</p>	





19 <sup>th</sup> of May		<p>Pulmonary Arterial Hypertension (PAH) doesn't just affect the body — it affects every aspect of life. According to studies, 73% of patients experience a reduction in household income after being diagnosed with PAH. This is often due to reduced work capacity, early retirement, job loss, or the need for a family member to stop working in order to become a full-time caregiver.</p> <p>The financial toll of managing a chronic, progressive disease like PAH adds another layer of stress, often impacting mental health and access to adequate care. In many cases, patients must make difficult choices between essential treatments, transportation to expert medical centers, or even basic necessities.</p> <p>Living with PAH is not just a medical journey — it's an economic and social challenge that patients and families navigate every day.</p> <p>→ <a href="http://www.worldphday.org">www.worldphday.org</a>  → <a href="http://www.phaeurope.org">www.phaeurope.org</a>  → <a href="http://belaircenter.info">belaircenter.info</a></p>	 <p>PHAEUROPE Pulmonary Hypertension Association Empowered by Hope</p> <p>#WorldPHDay2025</p> <p><b>73% of patients have a lower household income due to PAH</b></p> <p>Support is Essential</p> <p><b>73%</b></p> <p><i>Sometimes</i> it's pulmonary hypertension</p>
19 <sup>th</sup> of May		<p>Sometimes, it's PH!</p> <p>As Carmen shares that every breath makes her stronger, her diagnosis of PH came with breathlessness—one of the most common symptoms of PH and often a cause of misdiagnosis. Despite the typically complex journey of a PH patient, Carmen remains determined not to give up.</p>	 <p><a href="http://www.phaeurope.org">www.phaeurope.org</a> #WorldPHDay2025</p> <p>PHAEUROPE Pulmonary Hypertension Association Empowered by Hope</p> <p><b>PHA</b> Pulmonary Hypertension Association Empowered by Hope</p> <p><i>"Every breath makes me stronger — it's a reminder that I'm still here, still fighting, and not giving up."</i></p> <p><b>Carmen, Spain</b></p> <p><i>Sometimes</i> it's pulmonary hypertension</p>



20 <sup>th</sup> of May		<p>Pulmonary hypertension (PH) is often misdiagnosed as conditions with overlapping symptoms, such as asthma, COPD, heart failure, pulmonary embolism, sleep apnea, anemia, interstitial lung disease, and obesity. Symptoms like shortness of breath and fatigue can be misleading, making referrals to expert PH centers, screenings, and additional tests crucial for establishing an accurate diagnosis.</p> <p>→<a href="http://www.worldphday.org">www.worldphday.org</a>  →<a href="http://www.phaeurope.org">www.phaeurope.org</a>  →<a href="http://belaircenter.info">belaircenter.info</a></p>	 <p><i>Sometimes, it's pulmonary hypertension</i></p> <p>PHAEUROPE Pulmonary Hypertension Association Empowering to Heal</p> <p>Chronic obstructive pulmonary disease, asthma, and heart failure were the most frequently received misdiagnoses overall in PH patients.</p> <p>#WorldPHDay2025</p> <p>World Pulmonary Hypertension Day</p>
20 <sup>th</sup> of May		<p>Sometimes, it's PH!</p> <p>Carmen, from Azuqueca de Henares (Guadalajara), was diagnosed with severe pulmonary arterial hypertension (PAH) in early 2019 at 55 years old. After years of worsening dyspnea, a chest X-ray revealed an issue, leading to further tests at the University Hospital of Guadalajara. She was diagnosed with PAH linked to a congenital heart defect—an atrial septal defect.</p> <p>Carmen began dual therapy in March 2019, noticing improvements, and was off oxygen after six months. Though the diagnosis of a rare, incurable disease has been emotionally challenging, she has adapted to a slower pace of life, managing side effects and respiratory infections.</p> <p>With support from her family, friends, and the National Pulmonary Hypertension Association from Spain, Carmen continues to live a stable, active life, still working, and remaining hopeful for the future.</p>	 <p>PHAEUROPE Pulmonary Hypertension Association Empowering to Heal</p> <p>"Being told I had severe PAH caused by a congenital heart defect I never knew I had was overwhelming. But with the right treatment and support, I've learned to slow down, adapt, and keep moving forward — one breath at a time."</p> <p>Carmen, Spain</p> <p><i>Sometimes, it's pulmonary hypertension</i></p> <p><a href="http://www.phaeurope.org">www.phaeurope.org</a> #WorldPHDay2025</p>



21th of May		<p>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. 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</p> <p>→<a href="http://www.worldphday.org">www.worldphday.org</a>  →<a href="http://www.phaeurope.org">www.phaeurope.org</a>  →<a href="http://belaircenter.info">belaircenter.info</a></p>	 <p><i>Sometimes</i> it's pulmonary hypertension</p> <p>PHAEUROPE Pulmonary Hypertension Association Empowering to Hope</p> <p>PAH is one of the most complex forms of PH. Though rare in children, with 4–10 cases per million annually, it is equally devastating.</p> <p>World Pulmonary Hypertension Day</p> <p>#WorldPHDay2025</p>
21th of May		<p>Sometimes, it's PH!</p> <p>Tang from Beijing, China, was told to give up treatment when diagnosed with CHD-related pulmonary hypertension, as it was considered too much to fight. However, Tang persevered, and every day lived is a testament to the belief that they were wrong.</p> <p>PH is a common complication of congenital heart disease (CHD), seen in about 10% of adult cases.</p>	 <p><i>Sometimes</i> it's pulmonary hypertension</p> <p>PHAEUROPE Pulmonary Hypertension Association Empowering to Hope</p> <p>"I was told to give up treatment — that CHD-related pulmonary hypertension was too much to fight. But I kept going. And every day I live is proof that they were wrong."</p> <p>Tang, Beijing, China</p> <p><a href="http://www.phaeurope.org">www.phaeurope.org</a> #WorldPHDay2025</p>

22nd of May		<p>You see PHeroes, PHighters, and individuals who silently face unimaginable burdens, all while appearing completely healthy and fine. What you don't see are the complex, life-altering symptoms that come with a severe condition like pulmonary hypertension (PH).</p> <p>Just like PH is often called a "medical zebra" — a rare and unusual diagnosis that doctors may dismiss as less severe conditions — many also only see the tip of the iceberg when looking at a PH patient. The symptoms, often invisible to the eye, can be exhausting, debilitating, and misunderstood.</p> <p>It's easy to think they're exaggerating when in reality, they're living with a condition that's often hidden beneath the surface — and the struggle is real.</p> <p>→ <a href="http://www.worldphday.org">www.worldphday.org</a>  → <a href="http://www.phaeurope.org">www.phaeurope.org</a>  → <a href="http://belaircenter.info">belaircenter.info</a></p>	
22nd of May		<p>Sometimes, it's PH!</p> <p>Yu Yi Hong, 37, from Zhejiang Province, China, first noticed subtle signs of something serious when her fingers turned purple and lips blue. Years later, she learned it was CHD-related pulmonary hypertension. Her experience underscores the importance of recognizing early signs.</p> <p>Other forms of Pulmonary Hypertension (PH) may also develop in CHD patients like PAH. Groups 1,2,4, and 5 are most commonly observed.</p>	



<p>22nd of May</p>		<p>Sometimes, it's PH!</p> <p><b>Huan Huang</b> from China was initially misdiagnosed with asthma, but it turned out to be idiopathic pulmonary arterial hypertension (IPAH). After undergoing a lung transplant, she expresses deep gratitude for all the love and support that helped her through her journey.</p> <p>"Every breath now feels like a gift."</p>	
<p>23<sup>rd</sup> of May</p>		<p>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.</p> <p>→<a href="http://www.worldphday.org">www.worldphday.org</a>  →<a href="http://www.phaeurope.org">www.phaeurope.org</a>  →<a href="http://belaircenter.info">belaircenter.info</a></p>	

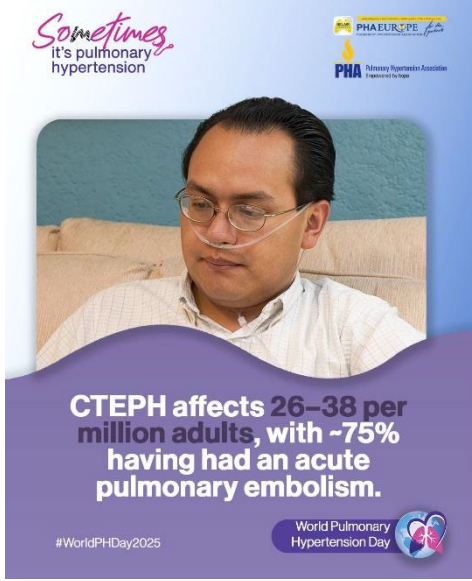





<p>23<sup>rd</sup> of May</p>		<p>Sometimes, it's PH!</p> <p>Christina shares her journey with pulmonary arterial hypertension (PAH), which may have been triggered by obesity hypoventilation syndrome.</p> <p>Her childhood was marked by health challenges, including a congenital sunken chest and frequent hospital stays for lung issues. After a period of relative stability, symptoms resurfaced in 2016, initially thought to be linked to her weight. However, it wasn't until February 2017, when her oxygen saturation dropped to 74%, that she was diagnosed with PAH.</p> <p>Christina dealt with a series of conflicting emotions feeling a mix of relief and emotional exhaustion upon receiving the diagnosis. It was a moment of understanding, though overwhelming, that finally explained what was happening to her body.</p>	 <p>www.phaeurope.org #WorldPHDay2025</p> <p>"Life goes on, even with PH. After years of misattributed symptoms, I was finally diagnosed with pulmonary arterial hypertension in 2017, possibly linked to obesity hypoventilation syndrome. That critical episode led to the diagnosis I had been waiting for. Through rehab and the support of my loved ones, I learned to adapt and live fully—despite the challenges."</p> <p><b>Christina, 38, Germany</b></p> <p><i>Sometimes,</i> it's pulmonary hypertension</p>
<p>23<sup>rd</sup> of May</p>		<p>Sometimes, it's PH!</p> <p>Danijela was diagnosed with a congenital heart defect as a baby, and developed severe pulmonary hypertension by her second year of life. "I have never known, nor will I ever know, what it's like to be completely healthy, but that hasn't stopped me from knowing true happiness."</p> <p>Despite living with PH for over three decades, Danijela deeply understands what happiness and a love for life truly mean. Pulmonary hypertension can often appear invisible to others, and many find it hard to believe she carries such a heavy burden. "Doctors, my diagnosis, and life itself say clearly, 'Yes, this is PH,'" she shares. Yet, many who meet her say, "Oh, it can't be. You look so healthy."</p> <p>"I wish I felt as healthy as I look," Danijela often thinks. But every day, she stands proudly, filled with gratitude and hope, embracing each moment with passion and determination.</p>	 <p>www.phaeurope.org #WorldPHDay2025</p> <p>"I was born with a heart defect, and by age two, doctors predicted I'd develop severe pulmonary hypertension—which I did. I've never known full health, but I've found real happiness. After over 30 years with PH, I know how to love life. People say I look healthy—I just wish I felt that way."</p> <p><b>Danijela, Serbia</b></p> <p><i>Sometimes,</i> it's pulmonary hypertension</p>


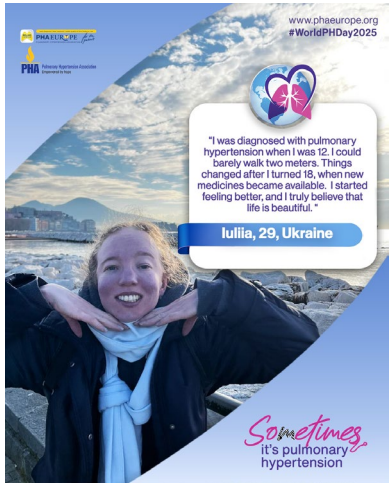
<p>24<sup>th</sup> of May</p>		<p>Sometimes, it's PH!</p> <p>"When after 10 years the doctor held my hand, looked me in the eye and said: 'You came too late,' it was very heartbreaking." I knew something was wrong: I couldn't breathe, I had difficulty speaking, I was tired, but for many years, there was no explanation as to what could cause my symptoms. Then came the diagnosis: "I am one of the victims of a lesser-known but increasingly common disease, the incurable PH."</p> <p>I have been helping the Hungarian PH community for 25 years now – because I know how important hope is when no one understands what's wrong with you, because you are rare. I tell my story often so that help can reach others in time.</p>	
<p>24<sup>th</sup> of May</p>		<p>Sometimes, it's PH!</p> <p>Franjo's story began after a severe case of COVID-19, which left him with a persistent cough, shortness of breath, and difficulty breathing during exertion. Despite undergoing numerous tests, including chest X-rays, cardiology exams, and coronary angiography, doctors couldn't find the cause of his symptoms. For years, he doubted himself, wondering if he was just imagining things.</p> <p>It wasn't until he began coughing up blood that he was urgently admitted to the pulmonology department and finally diagnosed with high blood pressure in his lungs. It wasn't until a year later, when he was referred to a specialized PH center, that he received the right diagnosis and treatment. Now, Franjo feels much better, and though he continues to adapt to his capabilities, he is living a higher-quality life.</p>	





25 <sup>th</sup> of May		<p>Sometimes, it's PH!</p> <p>"My name is Halida Telalović, I am 45 years old, and I live with pulmonary hypertension, COPD, and pulmonary fibrosis. My breath may be short, but my strength knows no limits. Each breath is a struggle, yet a reminder that I am here—breathing, loving, and living."</p>	 <p>PH PHAEURPE PHA Pulmonary Hypertension Association Europe</p> <p>"Living with pulmonary hypertension, COPD, and pulmonary fibrosis. My breath may be short, but my strength knows no limits. Every breath is a reminder that I'm here – breathing, loving, and living."</p> <p><b>Halida, 45, Bosnia and Herzegovina</b></p> <p>www.phaeurope.org #WorldPHDay2025</p> <p><i>Sometimes, it's pulmonary hypertension</i></p>
25 <sup>th</sup> of May		<p>Sometimes, it's PH!</p> <p>Ingrid was diagnosed with pulmonary hypertension (PH) when her son was born 14 years ago and has been on pump therapy ever since. She is now a volunteer mentor for patients using pumps.</p> <p>Ingrid learned shortly after giving birth that she was suffering from a rare, incurable disease, pulmonary arterial hypertension (PAH). She felt breathless and unable to care for her baby. Many times, her symptoms were mistaken for panic or depression. She was fortunate that the correct diagnosis was found within months, allowing her to begin treatment. Although she was very ill at first, Ingrid never gave up the fight—she knew her son and family needed her. Thanks to her perseverance, willpower, and, of course, the treatments, her condition gradually improved. Today, she is doing very well, considering the circumstances. She has been receiving pump therapy for 14 years and now serves as a volunteer mentor for other pump users. Ingrid also gave a presentation on this topic at the Hungarian National Doctor-Patient Meeting.</p>	 <p>PH PHAEURPE PHA Pulmonary Hypertension Association Europe</p> <p>After giving birth, I was diagnosed with pulmonary arterial hypertension, a rare, incurable disease. At first, I struggled to care for my baby, as my symptoms were mistaken for panic or depression. But with the correct diagnosis, therapy, and sheer determination, I never gave up. I fought for my family, and today, after 14 years on pump therapy, I'm doing well and helping others as a mentor for pump users.</p> <p><b>Ingrid, Hungary</b></p> <p>www.phaeurope.org #WorldPHDay2025</p> <p><i>Sometimes, it's pulmonary hypertension</i></p>

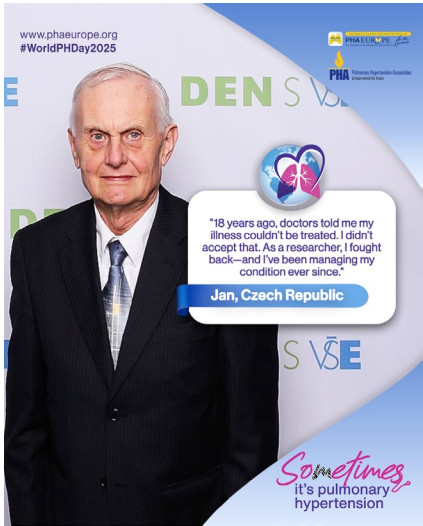

26th of May		<p>Chronic Thromboembolic Pulmonary Hypertension (CTEPH) is a rare but progressive form of pulmonary hypertension that arises from blood clots in the lungs. It affects 26-38 per million adults, and shockingly, around 75% of CTEPH patients have previously experienced an acute pulmonary embolism.</p> <p>CTEPH may often go undiagnosed because its symptoms — like shortness of breath and fatigue — overlap with other conditions. But left untreated, it can lead to severe complications.</p> <p>→<a href="http://www.worldphday.org">www.worldphday.org</a>  →<a href="http://www.phaeurope.org">www.phaeurope.org</a>  →<a href="http://belaircenter.info">belaircenter.info</a></p>	 <p><i>Sometimes</i> it's pulmonary hypertension</p> <p>PHAEURPE Pulmonary Hypertension Association Empowering the World</p> <p><b>CTEPH affects 26–38 per million adults, with ~75% having had an acute pulmonary embolism.</b></p> <p>#WorldPHDay2025</p> <p>World Pulmonary Hypertension Day</p>
26th of May		<p>Sometimes, it's PH!</p> <p>Irena was diagnosed with pulmonary arterial hypertension (PAH) in 2011 after years of struggling with unexplained symptoms. For two years, she was lost between diagnoses and hospitals, but once she found the answer, her journey with this rare disease began. PAH progressively weakened her body, and by 2023, her heart failure reached Stage IV, placing her on the lung transplant waiting list. Unfortunately, in Bulgaria, successful transplants are extremely rare.</p> <p>In October 2023, Irena underwent a septostomy to relieve the pressure in her heart, but this was only a temporary solution. Her only chance at survival is a bilateral lung transplant, which has been accepted by Corewell Health's Richard DeVos Heart and Lung Transplant Program in Grand Rapids, Michigan. Irena is currently raising funds to cover the procedure and related expenses.</p> <p>Through it all, Irena has never lost her will to live. Despite the challenges, she dreams of dancing, swimming, and climbing mountains—living a life, not just watching it pass by.</p>	 <p>www.phaeurope.org #WorldPHDay2025</p> <p>"I fought for breath for years, lost between hospitals and unanswered questions. Pulmonary arterial hypertension stole my strength, but not my will to live. A lung transplant is my only chance—not just to survive, but to truly live."</p> <p>Irena, Bulgaria</p> <p><i>Sometimes</i> it's pulmonary hypertension</p>



26th of May		<p>Sometimes, it's PH!</p> <p>Iryna is a dedicated medical professional working at the Ukrainian Children's Cardiac Center and an active member of the "Association of Patients with Pulmonary Hypertension." Living with PH herself, Iryna understands the disease not just in theory but from personal experience. Her motto is "Live Fully," and she embodies this through her work and charitable initiatives.</p> <p>Iryna conducts wellness exercises with PH patients, aiming to improve their quality of life. She is the author of the "Live Fully" project and the calendar "Breathe. Live. Dream," which featured PH patients as models. Additionally, she has published her own poetry collection.</p> <p>Her work, which blends her medical expertise with a deep empathy for those living with PH, is her true calling.</p>	 <p>www.phaeurope.org #WorldPHDay2025</p> <p>PHAEURPE Pulmonary Hypertension Association Empowered to Hope</p> <p>"Live Fully." As a medical professional and patient with PH, I've learned to embrace life fully. Through my work at the Ukrainian Children's Cardiac Center, my charitable project 'Live Fully,' and my poetry collection, I strive to inspire others with PH to live their best lives. Knowing PH both personally and professionally, I feel my work is truly my calling."</p> <p>Iryna, Ukraine</p> <p><i>Sometimes</i> it's pulmonary hypertension</p>
27th of May		<p>Pulmonary hypertension (PH) affects over 31.5 million people worldwide—but its true impact stretches far beyond the numbers. This serious and often invisible condition places a heavy burden, not only on patients but also on their families, caregivers, and healthcare systems.</p> <p>A striking 85% of patients with severe PH (like severe PAH) require daily support from others, whether from medical professionals or loved ones, highlighting the profound societal and emotional toll of the disease. As the number of newly diagnosed cases continues to rise each year, the true prevalence of PH is likely far greater than current estimates suggest—many cases remain undetected due to late diagnosis or misdiagnosis.</p> <p>The burden is growing. The need for awareness, early detection, and support has never been more urgent.</p> <p>→ <a href="http://www.worldphday.org">www.worldphday.org</a> → <a href="http://www.phaeurope.org">www.phaeurope.org</a> → <a href="http://belaircenter.info">belaircenter.info</a></p>	 <p><i>Sometimes</i> it's pulmonary hypertension</p> <p>PHAEURPE Pulmonary Hypertension Association Empowered to Hope</p> <p><b>PH affects 31.5 million people worldwide, with an even greater societal impact.</b></p> <p>#WorldPHDay2025</p> <p>World Pulmonary Hypertension Day</p>

27th of May		<p>Sometimes, it's PH!</p> <p>Iryna discovered her diagnosis by accident. After losing consciousness one day, she was rushed to the hospital, where she learned she had pulmonary hypertension (PH). Before the diagnosis, she had been experiencing symptoms like shortness of breath, dizziness, and difficulty walking up stairs, which were initially attributed to anemia by doctors.</p> <p>For two years, Iryna searched for answers, but her condition only worsened in the spring of 2024. Everyday activities, such as walking, became a struggle as she found it hard to breathe. This led to her emergency hospital visit, where PH was finally diagnosed.</p> <p>In the beginning, Iryna felt shock, denial, and fear. However, she is now incredibly grateful to the doctors at the Strazhesko Institute for their proper treatment. Thanks to the prescribed therapy, she continues to live a full life—caring for her family, raising her daughter, working, and living as fully as possible despite the limitations of her condition.</p>	
27th of May		<p>Sometimes, it's PH</p> <p>Iuliia was diagnosed with pulmonary hypertension (PH) when she was just 12 years old. At the time, there were no proper testing or treatment options available in Ukraine, and there were periods when walking even 2 meters felt nearly impossible. However, things began to change when she turned 18. New medications, which were relatively new to Ukraine, helped stabilize her condition, and she began to feel better.</p> <p>Iuliia truly believes that life is beautiful, despite the challenges she faces. Though she sometimes feels uncomfortable looking at pictures of herself, she understands that the bluish skin color is inevitable with 85% saturation.</p>	






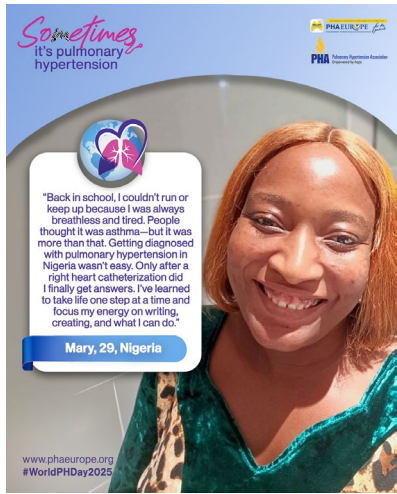
28 <sup>th</sup> of May		<p style="text-align: center;"><b>Thank You to Our Sponsors</b></p> <p>We extend our heartfelt gratitude to all the sponsors of World Pulmonary Hypertension Day 2025 and the "Sometimes, it's PH" campaign.</p> <p>Your generosity, unwavering support, and commitment to the PH community are the driving force behind this global effort to raise awareness and bring change. Without you, none of this would be possible.</p> <p>From awareness to action, you help us shine a light on the realities of PH and bring hope to thousands.</p> <p>Thank you for standing with us, for believing in our mission, and for being an essential part of our global PHamily.</p>	
28 <sup>th</sup> of May		<p style="text-align: center;"><b>Sometimes, it's PH</b></p> <p>Ivana was always a lively person, leading a fast-paced life filled with sports, travel, and raising her three children. However, as time passed, she began to notice that even the simplest tasks became more difficult. At first, she attributed it to fatigue or being out of shape, but soon, she found herself struggling to breathe on stairs and even gasping for air during conversations.</p> <p>After months of tests and uncertainty, Ivana was diagnosed with pulmonary arterial hypertension (PAH). The diagnosis was a shock, and the lack of a cure left her feeling uncertain about the future. However, with the support of her husband, friends, and doctors, Ivana gradually accepted the limitations her condition brought.</p> <p>Today, Ivana lives a slower-paced life, but she embraces it fully. She finds peace and beauty in the quieter moments, staying active when she can, and helping others navigate their own struggles with PAH. Her motto is: "Yes, PH is a heavy burden, it slows you down but you can still reach your destination."</p>	

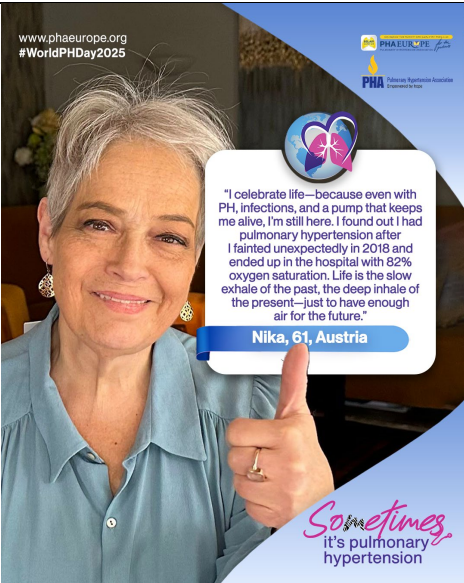

28 <sup>th</sup> of May		<p>Sometimes, it's PH</p> <p>Jan was diagnosed with worsening pulmonary embolism 18 years ago. The doctors told him, "Your illness cannot be treated." However, he did not accept that. As a professional researcher, Jan took matters into his own hands, studying his condition, applying his knowledge, and seeking a second opinion. Since then, he has successfully reduced and managed his pulmonary hypertension.</p>	 <p>www.phaeurope.org #WorldPHDay2025</p> <p>PHAEURPE Pulmonary Hypertension Association Europe</p> <p>PHAEURPE Pulmonary Hypertension Association Europe</p> <p>"18 years ago, doctors told me my illness couldn't be treated. I didn't accept that. As a researcher, I fought back—and I've been managing my condition ever since."</p> <p>Jan, Czech Republic</p> <p>Sometimes it's pulmonary hypertension</p>
29 <sup>th</sup> of May		<p>Sometimes, it's PH</p> <p>Jennifer was diagnosed with pulmonary hypertension (PH) in September 2012 while pregnant with her first child. Her pregnancy was already complicated by gestational diabetes, cholestasis, and the PUPPP rash. As her pregnancy progressed, Jennifer began to have severe breathing difficulties, and her lips and fingernails turned blue. Her mother insisted she go to the hospital, where her oxygen saturation was found to be dangerously low at 80%.</p> <p>After a series of tests, an obstetrician suspected PH and Jennifer was airlifted to Halifax, Nova Scotia, where a specialized PH clinic could manage her condition. Doctors planned an emergency cesarean section while she was under anesthesia, and Jennifer gave birth to her daughter on a Friday. She spent several days in ICU/CCU but was soon stable enough to meet her newborn daughter.</p> <p>After weeks of recovery and monitoring, Jennifer returned to her local hospital, where she decided to discharge herself. She was determined to return home, be a mom, and raise her daughter. Despite the tough road ahead, Jennifer's strength and determination helped her through the challenges.</p> <p>Jennifer is forever grateful to the obstetrician who quickly recognized the signs of PH and saved her life. She credits her daughter for saving her life that day, and she continues to raise awareness for PH.</p> <p>"Surround yourself with support from family, friends, and the PH community. Your diagnosis doesn't define you—keep your head high and live life to the fullest!"</p>	 <p>PHAEURPE Pulmonary Hypertension Association Europe</p> <p>PHAEURPE Pulmonary Hypertension Association Europe</p> <p>"Diagnosed with PH while pregnant, I couldn't breathe and my oxygen dropped to 80%. It was a tough road, but I fought through—my daughter saved my life that day."</p> <p>Jennifer, Canada</p> <p>Sometimes it's pulmonary hypertension</p> <p>www.phaeurope.org #WorldPHDay2025</p>


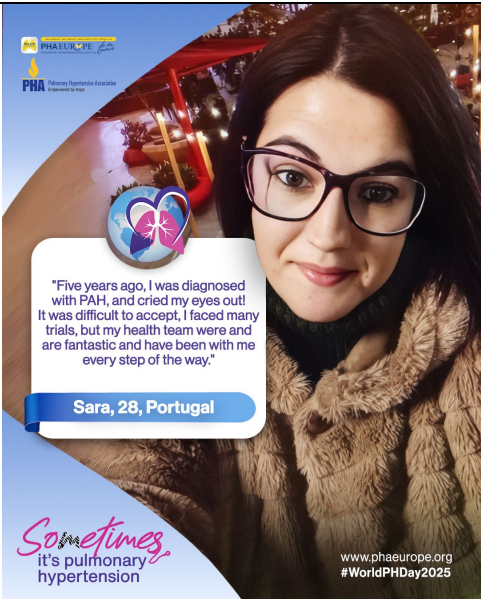
29 <sup>th</sup> of May		<p>Sometimes, it's PH</p> <p>Kiyoko was first diagnosed with pulmonary arterial hypertension (PAH) in 2002. Years later, in 2015, her diagnosis was updated to chronic thromboembolic pulmonary hypertension (CTEPH). Despite the challenges, Kiyoko manages her condition with oral medication and oxygen therapy.</p> <p>Now, she dedicates her time to supporting other patients, offering hope and understanding from her own experience. Her quiet strength and commitment to helping others shine through every day.</p>	 <p>www.phaeurope.org #WorldPHDay2025</p> <p>PHAEURPE PHAEURPE PHAEURPE</p> <p>"I was diagnosed with PAH in 2002 and later with CTEPH in 2015. Though I rely on oral medicine and oxygen, I now dedicate myself to helping others who are walking this same difficult path."</p> <p>Kiyoko, Japan</p> <p>Sometimes it's pulmonary hypertension</p>
30 <sup>th</sup> of May		<p>Sometimes, it's PH</p> <p>Luisa has been a special little girl from the very beginning. Although she showed subtle signs — like slight developmental delays, getting tired faster, and frequent vomiting — it wasn't until shortly after her 4th birthday that doctors discovered something serious: the right side of her heart was almost twice as large as the left. She was quickly referred to the Children's Heart Center, where severe pulmonary arterial hypertension (PAH) was diagnosed.</p> <p>Luisa doesn't fully understand her illness yet, but she faces each day with joy, playing happily with her friends. Sometimes, she feels scared, but with her mom, dad, and little sister Lilli always by her side, she knows she's never alone. Thanks to the incredible support from PH Austria, Luisa and her family feel stronger and more hopeful for the journey ahead.</p>	 <p>www.phaeurope.org #WorldPHDay2025</p> <p>PHAEURPE PHAEURPE PHAEURPE</p> <p>"At 4, I was diagnosed with severe PAH. I don't fully understand my illness, but I'm doing well. It scares me sometimes, but with my family by my side, everything will be fine. I'm thankful for the support we've received from PH Austria."</p> <p>Luisa, 4, Austria</p> <p>Sometimes it's pulmonary hypertension</p> <p>www.phaeurope.org #WorldPHDay2025</p>





30 <sup>th</sup> of May		<p>Sometimes, it's PH</p> <p>Ljubica first experienced symptoms of pulmonary hypertension at 23 — fatigue, fainting on stairs, and difficulty concentrating. But despite countless doctor visits, all her test results came back normal. For nearly a decade, she lived thinking her struggles were just part of life — something she now deeply regrets.</p> <p>It wasn't until doctors found damage to the right side of her heart that she was finally diagnosed with PH at the age of 32. Since starting treatment, Ljubica feels significantly better and can handle everyday activities with more ease.</p> <p>She shares her story to remind others: trust your body and push for answers. Sometimes it's PH — and early diagnosis makes all the difference.</p>	 <p>www.phaeurope.org #WorldPHDay2025</p> <p>"My first symptoms of pulmonary hypertension appeared at 23, but I wasn't diagnosed until I was 32. I was exhausted, fainted on the stairs, and struggled with concentration, yet all tests came back normal. I accepted my symptoms as normal – but I shouldn't have! It wasn't until doctors found damage to the right side of my heart that I was diagnosed. Now, with treatment, I feel so much better. Don't ignore the symptoms!"</p> <p>Ljubica, Croatia</p> <p><i>Sometimes,</i> it's pulmonary hypertension</p>
31 <sup>st</sup> of May		<p>Sometimes, it's PH</p> <p>Natascha is a mother of three autistic children and has been through more than her fair share of medical challenges. In July 2024, after her sixth pneumonia within two years—and three bouts of COVID—she was hospitalized. Despite antibiotics and oxygen, her saturation wouldn't improve.</p> <p>Doctors suspected everything from parrot fever (due to a recent trip to the Baltic Sea) to stress-related hyperventilation, but nothing fit. Eventually, a cardiologist performed a right heart catheterization in November—and that's when things got even more complicated. Natascha suffered a heart attack during the procedure and needed two stents. But finally, she received a clear diagnosis: CTEPH (chronic thromboembolic pulmonary hypertension), linked to severe pulmonary embolisms she had in 2010 and 2012.</p> <p>Now being monitored closely, Natascha stays strong and hopeful. Her motto—born from her son's battle with leukemia—is: "After every rain, comes the sun."</p>	 <p>www.phaeurope.org #WorldPHDay2025</p> <p>"My diagnosis came by chance after my 6th pneumonia in 2 years. Despite treatment, my saturation didn't improve, leading to a heart attack and the discovery of CTEPH, linked to past pulmonary embolisms. My motto: 'After every rain, comes the sun' keeps me going."</p> <p>Natascha, 36, Germany</p> <p><i>Sometimes,</i> it's pulmonary hypertension</p>

1 <sup>st</sup> June		<p>Sometimes, it's PH</p> <p>"I was born with a congenital heart defect that was never repaired. Twelve years ago, I finally went to the hospital to have it corrected. Imagine my shock when, instead, I was told I had pulmonary hypertension. It was the first time I'd ever heard of the disease. I had no idea that a hole in the heart could lead to such a serious complication.</p> <p>It took a long time to get a right heart catheterization and a proper diagnosis. By then, I already had severe pulmonary hypertension."</p>	
1 <sup>st</sup> June		<p>Sometimes, it's PH</p> <p>Mary couldn't run when she was in school. She struggled to keep up with group mountain climbs because she was constantly breathless and fatigued. Her heart would race into the hundreds, and people often assumed she was just overweight. But that wasn't the case.</p> <p>She always felt that her asthma symptoms were unusual. However, pulmonary hypertension symptoms often mimic those of other heart and lung conditions, making it incredibly difficult to get a proper diagnosis, especially in Nigeria. It wasn't until she had a right heart catheterization that she finally got the answers she needed.</p> <p>Now, Mary understands she can't do everything her peers can—like running up stairs or engaging in strenuous activities. But she has learned to channel her energy into writing, creating content, brainstorming ideas, focusing on her work, and living life one step at a time.</p>	



<p>2<sup>nd</sup> June</p>		<p>Sometimes, it's PH</p> <p>Nika was diagnosed with diabetes, Hashimoto's, and bronchial asthma in the 1990s. Aside from an eye condition caused by diabetes, everything was well under control—until she fainted unexpectedly in 2018. Her oxygen saturation dropped to 82%, and she ended up in the hospital, where doctors suspected pulmonary hypertension.</p> <p>The diagnosis was idiopathic arterial pulmonary hypertension, but at first, Nika couldn't fully comprehend it. Luckily, she received excellent care at Vienna General Hospital from the start. With oral therapy and close monitoring, she did quite well for the next three years. However, when the coronavirus hit in 2022, everything changed. While the infection itself was mild, it took a toll on her. She tested positive for six weeks and spent four months recovering before feeling reasonably well again. During that time, her pulmonary hypertension gradually worsened, and she faced recurring infections, hospitalizations, and even pneumonia.</p> <p>In 2024, she was fitted with her first subcutaneous pump. The experience was a shock, but the pump became essential for her survival. Over time, she got the hang of managing it and gained more independence. A few days after the needle insertion, Nika and her husband celebrated their fortieth wedding anniversary at Lake Garda—a brave but necessary trip.</p> <p>Nika celebrates life, and she can do so because of her supportive family, dedicated doctors, caregivers, and a small circle of friends. Her husband is a rock during difficult times, especially when the pain after a needle change becomes almost unbearable. Despite it all, they always support each other, and she feels the same from the PH Austria WA group. In that group, people affected by pulmonary hypertension understand one another in a way that no one else can.</p>	
<p>2<sup>nd</sup> June</p>		<p>Sometimes, it's PH</p> <p>Petra was born prematurely and, as a result, developed several conditions, including pulmonary hypertension (PH), which requires her to rely on continuous oxygen therapy.</p> <p>Despite this challenge, Petra regularly shares her beautiful poetry with other patients during national PH patient meetings in Hungary. Growing up under constant supervision, she was educated privately for a long time, with her guardian, Maria—who is a doctor—taking on the responsibility of her care.</p> <p>To attend school, Petra needed a portable oxygen concentrator, partially funded by her place of residence and the Hungarian PH association, Tüdőér Egylet. Her resilience shines through as she continues to pursue her passions, like performing her poems at the association's annual meeting, always inspiring others with her determination and talent.</p>	



3 <sup>rd</sup> June		<p>Sometimes, it's PH</p> <p>Mónica was born with a congenital heart defect, diagnosed when she was just three months old. Fatigue was a constant companion throughout her life, later joined by shortness of breath. Around the age of 22, she finally learned the name of her condition—pulmonary hypertension.</p> <p>Today, at 58, she lives with many restrictions—but most importantly, she's alive.</p>	 <p>I was diagnosed with a congenital heart defect at just 3 months old, and with pulmonary hypertension at age 22. I live with many limitations... but I'm alive!</p> <p>Monica, 58, Portugal</p> <p>www.phaeurope.org #WorldPHDay2025</p> <p><i>Sometimes</i> it's pulmonary hypertension</p>
3 <sup>rd</sup> June		<p>Sometimes, it's PH</p> <p>At 23, Sara's life took an unexpected turn when she was diagnosed with pulmonary arterial hypertension. The news left her overwhelmed, facing a barrage of tests, medications, and constant anxiety. It was a tough journey marked by countless "whys" and moments of doubt.</p> <p>Now 28, Sara looks back on her path with a sense of gratitude. She credits her doctor, Dr. Rui, for his unwavering support and expertise, which she believes helped save her life. Thanks to him and her daily medications, the fatigue that once overwhelmed her has eased.</p> <p>Reflecting on the past five years, Sara is grateful for the treatment she's received, especially at Pulido Valente Hospital. She emphasizes that, with proper care, pulmonary hypertension can be managed, and the path to living with the disease can be brighter. Today, she draws strength from her inner resilience, support from her psychologist, Cátia Rodrigues, and her faith.</p> <p>On World Pulmonary Hypertension Day, Sara celebrates the journey, acknowledging the hardships but also the victories, and looks forward to many more years ahead.</p>	 <p>"Five years ago, I was diagnosed with PAH, and cried my eyes out! It was difficult to accept, I faced many trials, but my health team were and are fantastic and have been with me every step of the way."</p> <p>Sara, 28, Portugal</p> <p>www.phaeurope.org #WorldPHDay2025</p> <p><i>Sometimes</i> it's pulmonary hypertension</p>





4 <sup>th</sup> June		<p>Carolina is 29 years old, a mother of four, and was diagnosed with pulmonary hypertension almost a month after giving birth to her youngest daughter. After her C-section in December at the hospital in Vila Franca de Xira, doctors noticed irregularities—low oxygen levels, an erratic heartbeat, and extreme exhaustion—but no clear diagnosis was made. She was discharged after 10 days.</p> <p>By mid-January, she began losing her vision. A large dark spot blocked her sight, and everything else became blurry. At the emergency room, doctors discovered detached retinas in both eyes and other damaged areas where she had lost vision completely. They wanted to operate—but without a clear cardiac diagnosis, her doctor advised waiting.</p> <p>During a follow-up to assess her oxygen levels, she was urgently sent back to the emergency room. From there, she was transferred to Santa Marta Hospital in Lisbon with heart failure. After three weeks in intensive care and numerous tests, she was finally diagnosed with pulmonary hypertension.</p> <p>Carolina was hospitalized for nearly two months. Today, she lives with an infusion pump, oxygen therapy, and daily medication. The hardest part, she says, was accepting the reality of having a disease with limitations—and no cure.</p>	 <p>PHAEURPE PHA Pulmonary Hypertension Association Europe &amp; Africa</p> <p>"I was recently diagnosed with PH in 2025. The hardest part was accepting that I had an illness, many limitations, and no cure."</p> <p>Carolina, 29, Portugal</p> <p>www.phaeurope.org #WorldPHDay2025</p> <p>Sometimes it's pulmonary hypertension</p>
4 <sup>th</sup> June		<p>"In 2020, I was diagnosed with idiopathic PH, but more recently, with hereditary PH. There have been many changes in my life, but I remain positive and have faith in a cure in the near future." In some cases, what begins as idiopathic PH can later be found to have a genetic link — what's known as <i>heritable pulmonary arterial hypertension</i> (HPAH). This form is passed down through families and may involve mutations in genes like BMPR2. Genetic testing can help identify hereditary PH, allowing family members to also be screened if needed.</p> <p>Living with PH means adapting to a new normal, but it also means being part of a strong, global community pushing for earlier diagnosis, better treatments, and one day, a cure. We share this story to raise awareness and remind others: behind every diagnosis is a person full of hope, strength, and resilience.</p>	 <p>PHAEURPE PHA Pulmonary Hypertension Association Europe &amp; Africa</p> <p>"In 2020, I was diagnosed with idiopathic PH, but more recently, with hereditary PH. There have been many changes in my life, but I remain positive and have faith in a cure in the near future."</p> <p>Liliana, 34, Portugal</p> <p>www.phaeurope.org #WorldPHDay2025</p> <p>Sometimes it's pulmonary hypertension</p>

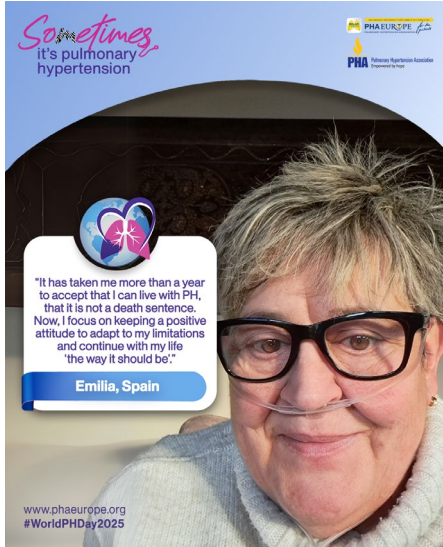





5 <sup>th</sup> June		<p>Paula was diagnosed with Idiopathic Pulmonary Arterial Hypertension in 2009—just two weeks after giving birth to her son.</p> <p>It was a life-changing moment, arriving at a time that should have been filled only with joy. Since then, Paula has faced her diagnosis with quiet strength. While PH brings daily challenges, her condition is now under control, and she continues to live life fully—especially with the support of her family.</p> <p>IPAH is a rare, progressive form of pulmonary hypertension with no identifiable cause. Early diagnosis and proper treatment can make a significant difference, helping patients like Paula regain stability and adapt to a new normal.</p>	 <p>www.phaeurope.org #WorldPHDay2025</p> <p>"I was diagnosed with idiopathic pulmonary arterial hypertension in 2009, right after giving birth. While I face some daily limitations, I've learned to keep it under control and keep moving forward!"</p> <p>Paula, 45, Portugal</p> <p><i>Sometimes,</i> it's pulmonary hypertension</p>
5 <sup>th</sup> June		<p>"I was diagnosed with idiopathic pulmonary arterial hypertension in 2021, right after childbirth. Since then, resilience and experience have become my guide, helping me face each day with a positive mindset."</p> <p>A diagnosis of idiopathic pulmonary arterial hypertension (IPAH) can come unexpectedly, even at one of life's most transformative moments — like becoming a parent. With no known cause, IPAH is a rare form of pulmonary hypertension that often brings uncertainty and change.</p> <p>But with resilience and lived experience, many patients find their inner strength. Carla shows the quiet courage it takes to face each day with hope — even when the path ahead is uncharted.</p> <p>Behind every PH diagnosis is a personal story — of strength, adaptation, and belief in a better future.</p>	 <p>www.phaeurope.org #WorldPHDay2025</p> <p>"I was diagnosed with idiopathic pulmonary arterial hypertension in 2021, right after childbirth. Since then, resilience and experience have become my guide, helping me face each day with a positive mindset."</p> <p>Carla, 39, Portugal</p> <p><i>Sometimes,</i> it's pulmonary hypertension</p>

6 <sup>th</sup> of June		<p>Catarina was diagnosed with pulmonary hypertension at just 10 years old. Navigating childhood and adolescence while adapting to the disease was far from easy. But today, she leads an independent life, embracing her routine with strength and gratitude.</p> <p>Despite the challenges, she refuses to let the disease define her. For Catarina, acceptance became the turning point—it allowed her to pursue her goals, one step at a time, in her own way. She believes that life is beautiful, that happiness exists in the little things, and that self-belief is the key to moving forward.</p>	
6 <sup>th</sup> of June		<p>For Sonia, pulmonary hypertension has become an inseparable part of her life, almost like a second skin. While others may express themselves with tattoos or beautiful clothes, PH is woven into her daily existence.</p> <p>Her path to diagnosis, however, was anything but easy. It took six long months of confusion and frustration, where Sonia struggled to understand what was happening to her. The uncertainty left her feeling desperate and sad, but it also shaped her resilience in the face of this chronic condition.</p> <p>Today, Sonia continues her journey with PH, finding strength in acceptance.</p>	



<p>7<sup>th</sup> June</p>		<p>Sometimes, it's PH</p> <p>In 1996, after an emergency caesarean section at 26 weeks of pregnancy, Sabine suffered a severe bilateral LAE (lung artery embolism). Her partner had to carry her to the hospital as she could only take two steps before being overwhelmed by severe shortness of breath. After 10 days of bed rest, cardiac catheterization revealed both new and older embolisms, indicating she had experienced multiple thromboses and embolisms in the past. Unfortunately, the pain she previously experienced was often misdiagnosed as bronchitis or other common conditions.</p> <p>After six weeks in the hospital, she was discharged with anticoagulants. However, the thrombi in her lungs didn't completely disappear. In 2013, she was finally diagnosed with CTEPH (chronic thromboembolic pulmonary hypertension). Due to the chronic embolisms, she was deemed inoperable and classified as a high-risk patient. Since 2014, Sabine has been treated with medication and now uses a portable oxygen concentrator, which allows her to move around, even outside her home.</p> <p>Although her condition is reasonably stable, she experiences shortness of breath and a cough when exerting herself, which forces her to slow down, take it easy, and ask for help. Sabine has always dreamed of visiting the Maldives, but because of her illness, flying is not an option, leaving the turquoise sea as a dream that will never be fulfilled.</p>	 <p>PHAEUROPE Pulmonary Hypertension Association Dedicated to Hope</p> <p><b>Sabine, Germany</b></p> <p>"I take life as it comes and try to make the best of it. After years of misdiagnosed embolisms and a severe episode in 1996, I was finally diagnosed with CTEPH in 2013. I'm inoperable, but thanks to treatment and portable oxygen, I can stay mobile. The turquoise sea and distant destinations may remain a dream—but I keep moving forward."</p> <p><i>Sometimes, it's pulmonary hypertension</i></p> <p>www.phaeurope.org #WorldPHDay2025</p>
<p>7<sup>th</sup> June</p>		<p>Sometimes, it's PH</p> <p>Danka Cziborová from Komárno, Slovakia, has been living with pulmonary arterial hypertension (PAH) since 2016. She strives to live a quality life while managing this illness, working as a pharmacist, and raising public awareness about PAH. Danka's health journey began in 2016, when a routine preventive check-up revealed unusual blood test results, suggesting a possible rheumatoid disease. However, a rheumatology examination led to the surprising diagnosis of systemic sclerosis, a condition she hadn't expected.</p> <p>This diagnosis made her reflect on her lifestyle, realizing that she had ignored many signs from her body, overextending herself both at work and in her personal life. She tried to adjust her life, take medication, and hoped for stabilization. However, less than a year later, she was hospitalized with a diagnosis of PAH, which was believed to be a consequence of her systemic sclerosis.</p> <p>At the time, Danka struggled with typical PAH symptoms, including severe shortness of breath, dizziness, and difficulty with daily activities. Despite quality treatment, her condition wasn't improving, so her doctor recommended infusion therapy. Although demanding and somewhat painful, this treatment improved and stabilized her condition.</p> <p>In an exciting development, Danka became the second patient in Slovakia to receive an implanted pump, which administers the medication continuously and without the discomfort of an external pump. This innovation has significantly improved her quality of life.</p> <p>Today, Danka is grateful for the advances in medicine and the support of her doctors and family. She continues to work part-time as a pharmacist, staying active, and focusing on relaxation and positive thinking. She remains determined to live a full life, being there for herself and her loved ones.</p>	 <p>PHAEUROPE Pulmonary Hypertension Association Dedicated to Hope</p> <p><b>Danka, Slovakia</b></p> <p>"Health is the greatest value. I was first diagnosed with systemic sclerosis, and less than a year later, pulmonary arterial hypertension. Two incurable diseases—but I never gave up hope. After struggling with an external pump, I now use an implant to receive my medication. Thanks to this treatment, science, my doctors, and my family, I live more fully—with purpose, balance, and deep gratitude."</p> <p><i>Sometimes, it's pulmonary hypertension</i></p> <p>www.phaeurope.org #WorldPHDay2025</p>





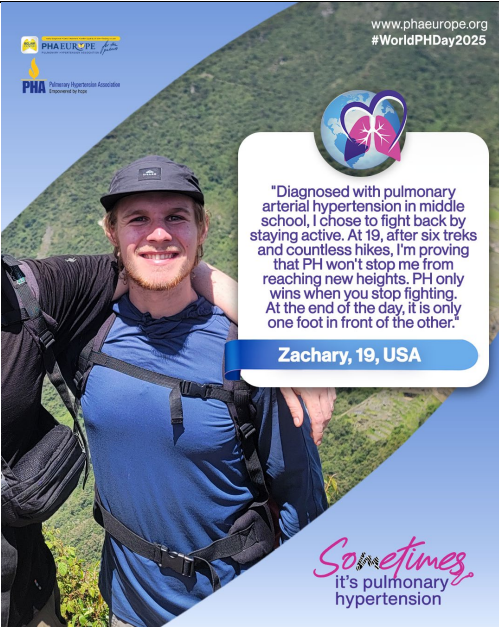

8 <sup>th</sup> of June		<p>Coming to terms with a pulmonary hypertension (PH) diagnosis takes time — emotionally, mentally, and physically. For many, the initial fear can feel overwhelming. The words <i>“not a death sentence”</i> are powerful because they reflect a shift in mindset: from fear to strength, from uncertainty to acceptance.</p> <p>Living with PH often means adjusting to new limitations — slower pace, frequent medical visits, and treatment routines — but it does not mean giving up on life as it should be lived.</p> <p>Emilia’s story reminds us that acceptance is not resignation — it’s resilience. And a positive attitude can be a powerful ally on the road to stability, self-care, and hope.</p>	
8 <sup>th</sup> of June		<p>Sometimes, it's PH</p> <p>Steffi, has been living with pulmonary hypertension (PH) since 2008, though she believes she may have had it since birth due to a congenital heart defect involving aortic isthmus stenosis and a ventricular septal defect. The first suspicion of PH came in 2005, but it wasn't officially diagnosed until three years later in 2008.</p> <p>Steffi views PH as a part of her life that has shaped who she is today. "Without PH, I certainly wouldn't be who I am today." Despite the limitations caused by her condition, Steffi always tries to focus on what is still possible. The knowledge that she's one of the "zebras" with a rare disease, yet part of a supportive "herd," gives her strength and confidence.</p> <p>One of Steffi's big dreams was to visit the Milestones in Vienna, and in January 2025, that wish was fulfilled. The experience was emotional for her as she sought to find a milestone laid by Ralf Schmiedel, the founder of the PH Group. Her best friend surprised her with a Christmas present: her own milestone, which will be laid in the spring. Although Steffi won't be able to visit Vienna soon to see it in person, the location of the milestone is firmly etched in her memory.</p>	

9 <sup>th</sup> of June		<p style="text-align: center;">Sometimes, it's PH</p> <p>Tetiana first began experiencing symptoms of pulmonary hypertension while she was six months pregnant. After a series of tests, incorrect diagnoses, and ineffective treatments, Tetiana struggled with uncertainty and doubts about her condition. It wasn't until 2018, when she finally received an appointment at the Strazhesko Institute, that her life began to change. There, she was officially diagnosed with PH and given the correct treatment, which helped stabilize her condition. For the first time, she felt like she had her life back.</p> <p>However, her journey took another challenging turn when the war in Ukraine began. Despite the ongoing hardships, Tetiana and her family remain in Zaporizhzhya, not planning to move for now. They are deeply grateful for the support they have received and remain hopeful for a better future. While fear and uncertainty still accompany their daily lives, Tetiana's strength and hope continue to guide her through these turbulent times.</p>	 <p>"My PH symptoms began in the 6th month of pregnancy. After many misdiagnoses and setbacks, I was finally diagnosed in 2018 at the Strazhesko Institute—my life truly split into 'before' and 'after.' With proper treatment, I felt like myself again... until the war began. Today, my family and I remain in Zaporizhzhya. We are scared, yes—but we are also full of hope and deeply grateful for every bit of support."</p> <p><b>Tetiana, Ukraine</b></p> <p><i>Sometimes it's pulmonary hypertension</i></p> <p>www.phaeurope.org #WorldPHDay2025</p>
9 <sup>th</sup> of June		<p style="text-align: center;">Sometimes, it's PH</p> <p>Haley's journey with pulmonary hypertension began at the age of 18, but it was a long and difficult road before she received a diagnosis. For seven years, she had struggled to breathe, but every visit to the doctor ended with her symptoms being dismissed as nothing more than asthma. It was a frustrating, lonely experience, and she felt unheard by the medical professionals around her.</p> <p>When she was finally diagnosed, it was a bittersweet moment. On one hand, there was relief—finally, an answer. On the other hand, the reality of the diagnosis hit hard. Haley found herself overwhelmed with grief, denial, and anger. She struggled to accept the treatments laid out for her and became non-adherent to her care plan, which only worsened her condition. Her frustration grew, and with it, her pulmonary hypertension worsened.</p> <p>Then came a turning point. IV therapy became her lifeline, but it was the new specialty team at the University of New Mexico Hospital who truly made a difference. Unlike her past experiences, this team had the patience and understanding to work with her—not just as a patient, but as a person struggling with complex emotions. They guided her step by step, educating her and helping her regain a sense of control.</p> <p>Though things didn't change overnight, Haley found herself coming back to life. Through successful treatments, she learned to be an active participant in her own healthcare, working collaboratively with her team. Today, she is more than just a patient; she's a person with access to care, affordable treatment, and a dedicated medical team that sees her as a whole person, not just her disease. Haley knows that without all of these elements coming together, her journey would have looked very different.</p> <p>Haley is also an incredible artist and publishes a dedicated magazine for all identifying women dealing with PH.</p>	 <p>"I was finally diagnosed with PH at 18 after seven years of being dismissed. At first, I struggled with denial and skipped treatment, which made things worse. What saved me was IV therapy and a dedicated team at UNMH Hospital—doctors who treated me as a whole person, not just the disease."</p> <p><b>Haley, USA</b></p> <p><i>Sometimes it's pulmonary hypertension</i></p> <p>www.phaeurope.org #WorldPHDay2025</p>

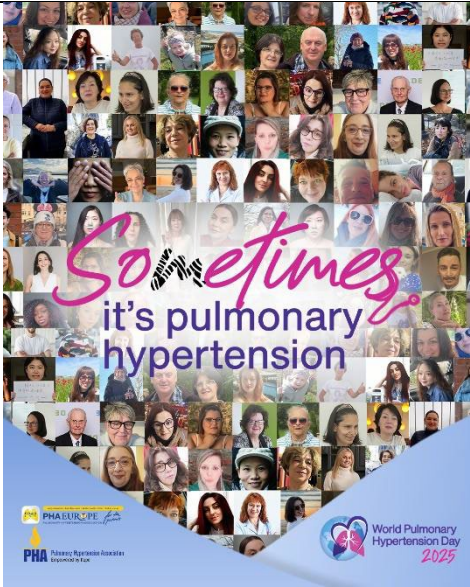



<p>10<sup>th</sup> June</p>		<p>Sometimes, it's PH</p> <p>Vera was diagnosed with IPAH (Idiopathic Pulmonary Arterial Hypertension) twelve years ago, facing a very poor prognosis. The outlook seemed bleak, especially since she had to purchase her medication on her own in her country. What was expected to be just two more years of life has turned into twelve, and Vera attributes this to her positive attitude, the strength of her mind, and her eternal smile.</p> <p>Her family has been a constant support, helping to alleviate her effort and distress, while her friends assist in various ways. All of these elements together form her winning combination for living with PH. Vera also draws strength from the PH patients in Bosnia and Herzegovina, who face extremely difficult lives without access to adequate therapy and treatment. Their resilience guides her as she continues her own journey with PH, remaining hopeful for a brighter future.</p>	
<p>10<sup>th</sup> June</p>		<p>Sometimes, it's PH</p> <p>Victoria, says that while her life has slowed down a bit since her diagnosis, she continues to work, stay active, and enjoy her passions like traveling, visiting museums, and spending time with friends.</p> <p>Her diagnosis came quickly and out of nowhere. On November 7, 2022, on her way to work, Victoria suddenly felt unwell—dizzy, short of breath, with chest pain and even losing her vision for a moment. She called her husband, who rushed her to the emergency room. After being admitted to Hospital Universitario Príncipe de Asturias, a cardiologist noticed dilation in her right heart and decided to run further tests. Within days, she was diagnosed and transferred to Hospital 12 de Octubre, the reference expert center for pulmonary hypertension.</p> <p>There, she started her treatment and was discharged on November 24. A month later, she began cardiac rehabilitation for two months. By the end of April 2023, Victoria was back to her daily routine—working, celebrating birthdays, and traveling—grateful for her recovery and the support she received.</p>	

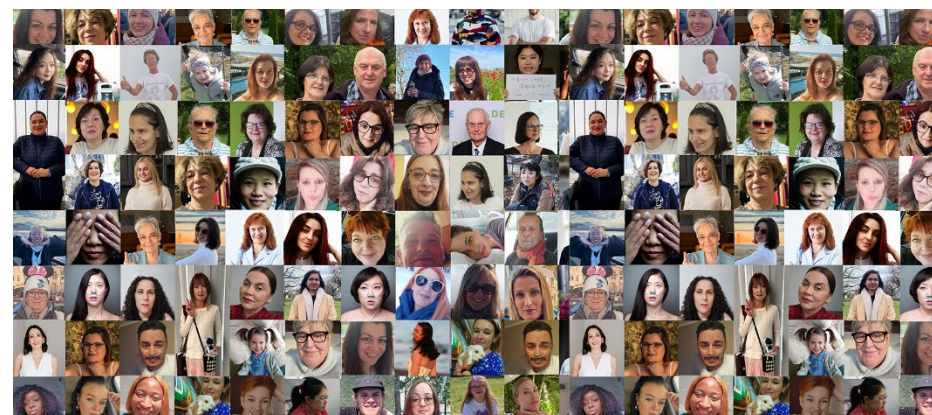
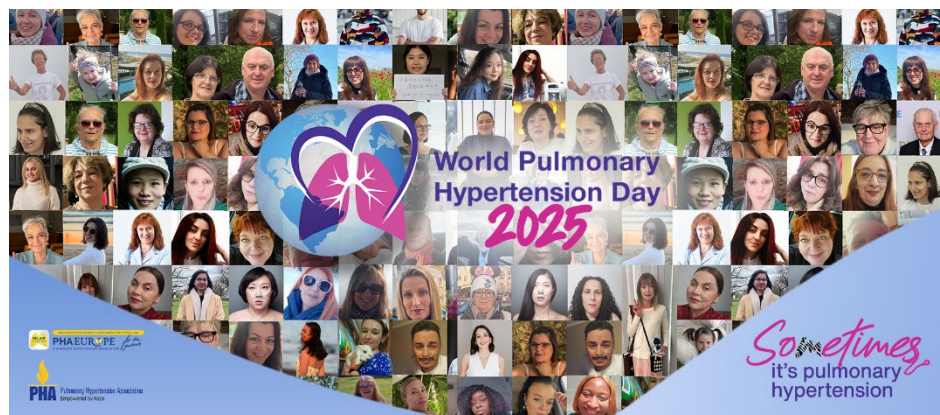
11 <sup>th</sup> of June		<p>Sometimes, it's PH</p> <p>When Zorka was diagnosed with pulmonary hypertension and a congenital heart disease 27 years ago, a prominent doctor told her that her days were numbered. But rather than succumbing to despair, Zorka chose to fight with unwavering faith and determination.</p> <p>For 16 years, she lived without treatment, due to the lack of medication in Bulgaria, yet with the guidance of Dr. Nezabravka Chilingirova, she remained stable and optimistic. Zorka believes her body has adapted to the illness and is confident that ongoing medical advancements will continue to improve her condition.</p> <p>One of her greatest triumphs was adopting a child, overcoming numerous bureaucratic hurdles. Zorka refuses to see herself as sick, declaring, "I am stronger than many 'healthy' people." Her message is clear: with faith and a positive mindset, no challenge is insurmountable.</p>	 <p><i>Sometimes, it's pulmonary hypertension</i></p> <p>PHAEUROPE PHA Pulmonary Hypertension Association Inspired by Hope</p> <p>"Twenty-seven years ago, I was told I wouldn't survive, but with unshakable faith and willpower, I fought pulmonary hypertension without treatment for 16 years. I adopted a child, remained stable, and refused to see myself as sick. I believe that faith and a positive mindset can move mountains."</p> <p>Zorka, Bulgaria</p> <p>www.phaeurope.org #WorldPHDay2025</p>
12 <sup>th</sup> of June		<p>Karen, from Okemos, Michigan, was diagnosed with Pulmonary Arterial Hypertension after suffering from a cardiac arrest in May 2013. The diagnosis left her in shock, and her life changed dramatically. Unable to continue her work as a hairstylist, Karen struggled to adjust to the medications, but over time, she began feeling and breathing better.</p> <p>In 2017, Karen became a support group leader, motivated by the need to connect with others facing the same disease in her area. She also volunteered at fundraisers and was eager to speak with someone who shared her experience. After receiving a PHA information packet during her hospital stay, she reached out to a fellow support group leader who invited her to join a group out of town.</p> <p>When she felt strong enough to travel, Karen and her mother attended the group, where they were greeted with warmth and education. It was a place where Karen realized she was not alone. The group became a supportive space to share stories, discuss coping with side effects, travel, family, low-sodium recipes, and explore different medication options. It was a life-changing experience of mutual support, understanding, and learning from one another.</p>	 <p><i>Sometimes, it's pulmonary hypertension</i></p> <p>PHAEUROPE PHA Pulmonary Hypertension Association Inspired by Hope</p> <p>"After I had a cardiac arrest in May of 2013, I was diagnosed with pulmonary arterial hypertension. I was in shock and scared, and my life changed."</p> <p>Karen, USA</p> <p>www.phaeurope.org #WorldPHDay2025</p>

12 <sup>th</sup> of June		<p>Zachary Schmidt from Los Angeles was diagnosed with pulmonary arterial hypertension while in middle school. Despite the challenges, he embraced a healthy lifestyle and dedicated himself to building endurance, aiming to hike across the globe. As a 19-year-old, Zachary has completed six organized treks and countless hikes, demonstrating his resilience and determination.</p> <p>As he says: "Diagnosed with pulmonary arterial hypertension in middle school, I chose to fight back by staying active. At 19, after six treks and countless hikes, I'm proving that PH won't stop me from reaching new heights. PH only wins when you stop fighting. At the end of the day, it is only one foot in front of the other."</p>	 <p>www.phaeurope.org #WorldPHDay2025</p> <p>PHAEURPE Pulmonary Hypertension Association Empowered by Hope</p> <p>"Diagnosed with pulmonary arterial hypertension in middle school, I chose to fight back by staying active. At 19, after six treks and countless hikes, I'm proving that PH won't stop me from reaching new heights. PH only wins when you stop fighting. At the end of the day, it is only one foot in front of the other."</p> <p><b>Zachary, 19, USA</b></p> <p><i>Sometimes</i> it's pulmonary hypertension</p>
13 <sup>th</sup> of June		<p>Dorotea from Belgrade, Serbia, was diagnosed with pulmonary hypertension in 2020. She's the kind of woman who has never let her illness define or limit her. Determined and resilient, Dorotea continues to thrive in her career, working in human resources.</p> <p>As she puts it: "I trust in myself, heart, and body to restore balance and to overcome every obstacle."</p>	 <p>PHAEURPE Pulmonary Hypertension Association Empowered by Hope</p> <p>"I trust in myself, heart, and body to restore balance and to overcome every obstacle."</p> <p><b>Dorotea, Serbia</b></p> <p><i>Sometimes</i> it's pulmonary hypertension</p> <p>www.phaeurope.org #WorldPHDay2025</p>



<p>END After Testimonial posts</p>		<p>A heartfelt thank you to everyone who came together to raise awareness for pulmonary hypertension on #WorldPHDay2025. Your support is a powerful force, amplifying the voices of the global PH community.</p> <p>To all PH patients and PHighters around the world, who courageously shared their personal stories and journeys participating in our “Sometimes it’s PH” campaign, thank you! You’ve shown us the immense hardships, but also the unbreakable strength that fuels hope, resilience, and determination.</p> <p>Your courage not only educates, but inspires us all. While we mark World PH Day once a year, pulmonary hypertension is a lifelong marathon. A month-and-a-half-long campaign cannot fully capture the ongoing realities faced by PH patients, but we hope it serves as a small glimpse into the PH world.</p> <p>→<a href="http://www.worldphday.org">www.worldphday.org</a>  →<a href="http://www.phaeurope.org">www.phaeurope.org</a>  →<a href="http://belaircenter.info">belaircenter.info</a></p>	
<p>END 13<sup>th</sup> June</p>		<p>Once again, PHAEUROPE is grateful to the entire global PH community — to all individuals, PH patients, and PHighters — for standing alongside us during World PH Day 2025.</p> <p>PHAEUROPE remains firmly committed to its mission of supporting PH associations and empowering patients across the globe.</p> <p>→<a href="http://www.worldphday.org">www.worldphday.org</a>  →<a href="http://www.phaeurope.org">www.phaeurope.org</a>  →<a href="http://belaircenter.info">belaircenter.info</a></p>	

# COVER IMAGES





## ADDITIONAL INFORMATION

Hashtags: **#WorldPHDay2025 #SometimesItsPH #WPHD #PHAEurope**  
#pulmonaryhypertension #awareness #patientcare #patientempowerment #CTEPH  
#PAH #EarlyDiagnosis

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