



Patient Education

Welcome to the Pulmonary Hypertension Clinic

Outpatient Clinic – Hamilton General Hospital

905-527-0271, ext. 46266

Your appointment is on _____ at _____

You will see Dr. _____

What is the Pulmonary Hypertension Clinic?

We provide outpatient care for people who have Pulmonary Hypertension.

We work as a team to help you plan your care. We are a reliable source of information and education.

What can I expect at the clinic?

You will learn:

- whether your diagnosis of Pulmonary Hypertension (PH) is confirmed
- about ways to treat your PH symptoms
- the latest information on PH and how to manage it
- how to prevent complications
- how you and your family can cope with PH

Your care is based on your individual needs.

Information about your appointment:

- If you use oxygen, make sure your tank has enough to last for the drive to and from the hospital **and** for the 2 hour visit.
- Plan to arrive at your appointment 5 to 10 minutes early.
- Plan to be at the clinic for 1½ to 2 hours.
- You will see the team members below:

Team member	How they help
Clinic Nurse	<ul style="list-style-type: none"> • Will take your history, your medications and allergies. • Will measure your blood pressure, heart rate and breathing. • Will do a “walk test” with you. This will be done in a hallway and on an even grade. • You will need to bring comfortable walking shoes and a cane or walker, if you use one.
Doctor (who specializes in pulmonary hypertension)	<ul style="list-style-type: none"> • Confirms PH diagnosis. • Handles ongoing symptoms and problems. • Starts and monitors medication. • May order blood test, chest x-ray, pulmonary function test. • May refer you to other team members or medical specialists.

How do I get ready for my appointment?

Please bring:

- all of your medications in their original containers from your pharmacy
- a list of your allergies
- a list of your doctors
- chest x-ray (films or CD)
- walking shoes
- a cane or walker, if you use one
- a portable oxygen tank, filled, if you use one
- an appointment book to record future appointments and tests
- an interpreter if you are not able to speak or understand English

What is Pulmonary Hypertension?

Pulmonary Hypertension is when the pressure in the blood vessels in your lungs rises far above normal levels.

Pulmonary Hypertension happens when the small arteries in the lung become narrow. This causes the blood to flow less easily and the pressure in the blood vessels rise. The heart has to work harder to push the blood and over time it increases in size.

What causes Pulmonary Hypertension?

There are many things that could cause the blood vessels in your lungs to narrow.

Common causes include:

- collagen vascular diseases such as scleroderma, lupus or Crest Syndrome
- congenital heart diseases such as ventricular and atrial septal defects
- HIV infection
- liver disease

When the cause of PH is not known, it is called, Idiopathic Pulmonary Artery Hypertension (IPAH). This means that there are no other diseases of the heart or lungs causing the high blood pressure.

The cause of IPAH is unknown. This disease is rare. Some people inherit it. PH affects people of all ages and ethnic background. It affects more women than men.

If you have additional questions or concerns please call:

Dr. C. Davis	905-522-3351
Dr. P. Dorasamy	905-527-0271, ext. 46808

Where is the Pulmonary Hypertension Clinic?

The Pulmonary Hypertension Clinic is located in the Outpatient Clinic, Section “N” on the Main Level at the Hamilton General Hospital.

If you need to make a change in your appointment, please call:
905-527-0271, ext. 46266.

Driving directions to the Hamilton General Hospital

Address: 237 Barton Street East, Hamilton, Ontario L8L 2X2

From Toronto

- Take QEW to Highway 403 West (to Hamilton)
- Exit at Main Street East
- Follow Main Street eastbound to Victoria Avenue
- Turn left on Victoria Avenue and go north to Barton Street East
- The Hamilton General Hospital is located at 237 Barton Street East between Victoria Avenue and Wellington Street

From Niagara Region

- Take QEW (to Hamilton)
- Exit at Burlington Street East
- Turn left onto Wellington Street North
- Turn left onto Barton Street East
- The Hamilton General Hospital is located at 237 Barton Street East between Victoria Avenue and Wellington Street

From the Mountain

- Take Upper James and follow until it turns into Victoria Avenue
- Proceed north on Victoria Avenue to Barton Street East
- The Hamilton General Hospital is located at 237 Barton Street East between Victoria Avenue and Wellington Street

For more information about our hospital, please visit our website at: www.hhsc.ca