

PHT Full Form In Medical

PHT: Pulmonary Hypertension

What is the full form of PHT?

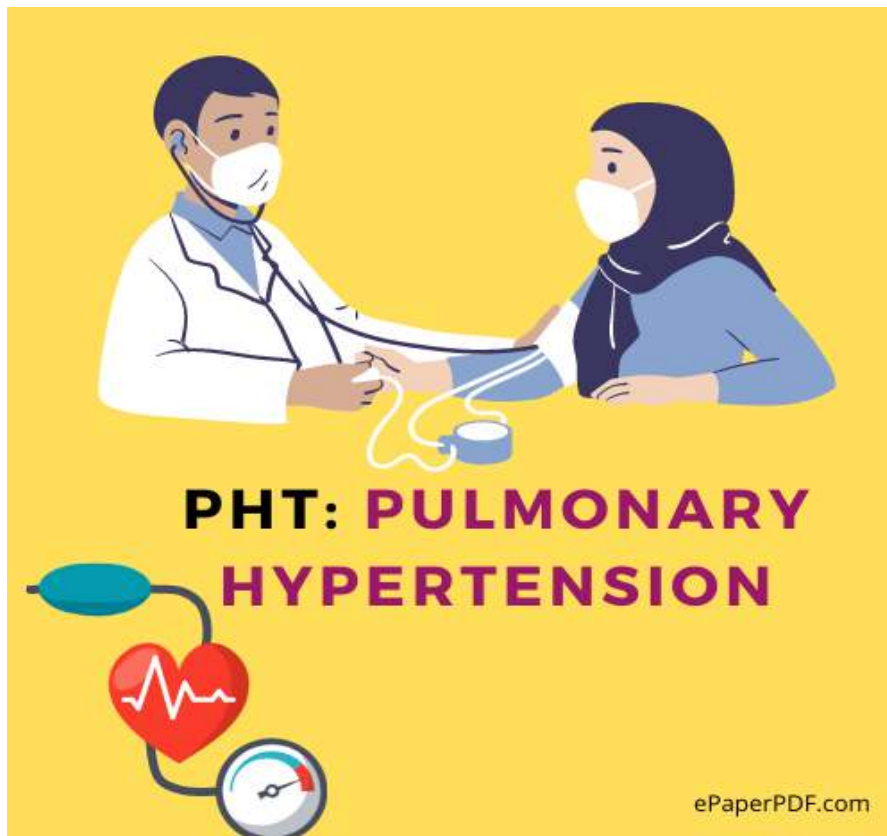
There is a term called Pulmonary Artery Pressure (PAP) if that is higher than 25 mm Hg then the condition of PHT may seem to have been occurring.

The prevention and early diagnosis and treatment of PHT can help the survival of these patients.

The main characteristic of this disease is High Blood Pressure in the Lungs.

Pulmonary hypertension causes the tiny arteries and the capillaries in the lungs to become narrowed, blocked, or destroyed. Hence it is difficult for blood to flow through the lungs leading to a rise in blood pressure within the lungs.

This is a slow process but once it develops it progresses slowly and with time gets worsen. Remember this is not curable and sometimes may lead to fatalities.



Main Symptoms of pulmonary hypertension:

So, till you reached an advanced stage of PHT you will not find any symptoms of it. Only after an advanced stage is reached do the symptoms start to pop up. Many took years to know about it. If any pregnant woman is there, the chances are high during air travel or travel at high altitudes.

Early Symptoms:

- Chest pain
- Extreme or constant fatigue
- Shortness of breath during light exertion
- Increased heart rate
- Pain in the upper right side of the abdomen
- Decreased appetite

Later Symptoms

- Fainting
- Bluish lips or skin
- Feeling dizzy or light-headed during physical activity
- Swelling in the legs or ankles

Risk factors for pulmonary hypertension

- Genetics (Idiopathic pulmonary hypertension)
- Blocked or narrow arteries
- Blood clots in the lungs
- Sleep disorders
- Sickle cell anemia
- Connective tissue disorders
- Congenital heart disease
- AIDS
- Lung diseases
- Severe liver disease
- Heart failure
- Illegal drug use
- Taking certain appetite-suppressant medications
- Living at a highly elevated altitude above 8,000 feet

Diagnosis of pulmonary hypertension

It is very difficult to diagnose since there are no early signs. Symptoms, when arising you, might get fooled by them thinking often similar to those of heart or lung conditions such as asthma.

Treatment for pulmonary hypertension

Currently, there is no cure for pulmonary hypertension. However, there are medications available to help patients manage their PHT. In extreme situations, open-heart surgery may be necessary. In some cases, a lung or heart-lung transplant could be an option, especially in patients diagnosed at a young age.

Hence if you are having any symptoms try to prevent them and reduce them so that the PHT level may not come to you. Hence you can adopt to following lifestyle changes.

The following lifestyle changes can also help patients to manage their PHT symptoms:

- Weight loss – Maintaining a healthy weight can help PHT sufferers to have fewer symptoms and feel better.
- Quitting smoking – Quitting smoking is the single most important thing a person can do for their lung and heart health.
- Diet – Avoiding salt and eating a heart-healthy diet, full of fruits, vegetables, whole grains, fish, poultry and low-fat or fat-free dairy products is a great step towards preventing PHT from worsening.
- Exercise – Routine physical exercise can help to improve cardiovascular health. Even mild activity can be challenging for those with PHT but it is important to stay as active as possible. Moderate exercise such as brisk walking can be beneficial. In most cases, it is recommended that individuals with PHT do not lift heavy weights. Always consult with a physician before starting a new exercise regime.
- Get enough sleep – Resting can reduce the fatigue caused by pulmonary hypertension.
- Get vaccines – Influenza and pneumonia can be more serious for PHT sufferers so getting routine vaccines can be beneficial.
- Avoid activities that lower blood pressure – Sitting in a hot tub, hot bath, or sauna or taking a long hot shower can all lower blood pressure and cause light-headedness, fainting, or even death for individuals with PHT.
- Avoid pregnancy and birth control pills – Pregnancy can be fatal for both the mother suffering from PHT and her child. Birth control pills can increase the chance for blood clots in women with PHT and should therefore be avoided.
- Relaxation – Practicing relaxation techniques such as yoga, meditation, or breathing exercises can help with the symptoms of PHT.

Medications for pulmonary hypertension:

- o Oxygen Therapy – Portable oxygen is inhaled via a face mask or nasal cannula.
- o Diuretics – Diuretics help the body to rid of the excess fluid putting pressure on the heart.
- o Calcium Channel Blockers (CCB) – CCBs are designed to slow the progression of PHT and even reverse some of the damage to the lungs and heart.
- o Digoxin – Digoxin aids the pumping of the heart.
- o Warfarin – Warfarin is a blood thinner that also works to prevent blood clots.

Classifications of PHT according to WHO: WHO classified PHT into 5 main categories they are:

1. Idiopathic pulmonary arterial hypertension (group 1)
2. PHT due to left heart disease (group 2)
3. PHT due to chronic lung disease and/or hypoxemia (group 3)
4. Chronic thromboembolic PHT (group 4)
5. PHT due to unclear multifactorial mechanisms (group 5)

Credit Sources:

www.ncbi.nlm.nih.gov

www.oakbendmedcenter.org