

Helpful clues to PH can be uncovered in routine ILD tests

If the results of your regular ILD tests are worsening, they may be indicators of PH. Here are some things your doctor could look for:

TEST	WHAT IT SHOWS	SIGNS THAT YOU MAY HAVE PH
Pulmonary Function Tests (PFTs)	Diffusing Capacity (DLCO) measures how easily gases move from the air into the blood in your lungs Spirometry measures the amount of air inhaled and exhaled with each breath, including FVC	 D_{LCO}< 40% Decline in D_{LCO} but little or no change in FVC
Oxygen Saturation	Is your blood getting enough oxygen?	 Reduced oxygen in the blood Need (or increased need) for supplemental oxygen
Exercise Capacity Test (6-minute walk test)	How active are you able to be?	Reduced distanceIncreased recovery timeMore shortness of breath
Blood Test for NT-proBNP or BNP	How much strain is your heart under?	Increased levels of NT-proBNI or BNP
pro-B-type natriuretic pe During normal breathing	peptide; DLCO=diffusing capacity of the lung for carbon monoxide; FVC=feptide. g, oxygen moves into your bloodstream from the air you inhale, and carboung diffusion testing is a safe, noninvasive way to measure how well your	on dioxide moves out of your bloodstream

Since PH may appear at any time, checking your test results once is not enough. Be sure to have your doctor check for signs of PH whenever you have testing done.



REMEMBER:

If any of your test results are changing, ask your doctor if it could be PH?



TAKING ACTION IS IN YOUR HANDS.

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