

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)	<p>Diffusing Capacity (DLCO) measures how easily gases move from the air into the blood in your lungs</p> <p>Spirometry measures the amount of air inhaled and exhaled with each breath, including FVC</p>	<ul style="list-style-type: none"> • $D_{LCO} < 40\%$ • Decline in D_{LCO} but little or no change in FVC
Oxygen Saturation	Is your blood getting enough oxygen?	<ul style="list-style-type: none"> • 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?	<ul style="list-style-type: none"> • Reduced distance • Increased recovery time • More shortness of breath
Blood Test for NT-proBNP or BNP	How much strain is your heart under?	<ul style="list-style-type: none"> • Increased levels of NT-proBNP or BNP

BNP=B-type natriuretic peptide; DLCO=diffusing capacity of the lung for carbon monoxide; FVC=forced vital capacity; NT-proBNP=N-terminal pro-B-type natriuretic peptide.

During normal breathing, oxygen moves into your bloodstream from the air you inhale, and carbon dioxide moves out of your bloodstream into the air you exhale. Lung diffusion testing is a safe, noninvasive way to measure how well your lungs can exchange gases between the air and 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.
Sign up and receive ongoing information about PH-ILD. Scan the QR code to sign up now or visit:
[Raisethequestions.com/supportprogram](https://raisethequestions.com/supportprogram)