

Left Heart Disease & Pulmonary Hypertension

LEFT HEART DISEASE

Have you been diagnosed with left heart disease?

- » **Left heart disease** can have several causes. It occurs when the left side of the heart fails to pump blood throughout the body properly. This leads to higher pressure in the blood vessels and can lead to **pulmonary hypertension**.
- » 10-30% of people with underlying left-sided heart disease will develop pulmonary hypertension.

What is pulmonary hypertension?

- » **Pulmonary hypertension** is defined by high blood pressure in the arteries of the lungs, which eventually weakens and enlarges the right side of the heart. This can lead to heart failure or even death.
- » People with left heart disease are at risk of developing a type of pulmonary hypertension associated with left-sided heart disease (WHO Group 2 pulmonary hypertension). Doctors focus on treating the underlying heart disease to improve or resolve the higher pressure in the arteries in the lungs.

Get informed

If you have left heart disease and are experiencing these symptoms, talk to your doctor about pulmonary hypertension:

- » Breathlessness
- » Lower ability to exercise
- » Swollen feet/legs
- » Fainting
- » Fatigue
- » Chest pain
- » Lightheadedness
- » Blue lips/fingers

Get screened

The primary screening test for pulmonary hypertension is an echocardiogram (a painless ultrasound of the heart). Additional tests may be required to measure the functioning of your heart and lungs.

Do you need a referral?

Ask your doctor whether you should be referred to a pulmonary hypertension clinic. For more information, visit www.phacanada.ca/findaphcentre



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A better life for all Canadians affected by pulmonary hypertension

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