

## Pulmonary Embolism & Pulmonary Hypertension

### Do you have a history of pulmonary embolism?

- » Blood clots in the lungs (also known as **pulmonary emboli**) are a common condition. These clots normally dissolve back into the bloodstream but can sometimes get stuck, causing damage and scarring to the arteries.
- » This damage can obstruct blood flow through the arteries, increasing blood pressure in the lungs and resulting in **chronic thromboembolic pulmonary hypertension** (CTEPH).
- » Up to 4% of acute pulmonary embolism patients will develop CTEPH within two years.

### What are pulmonary hypertension and chronic thromboembolic pulmonary hypertension?

- » **Pulmonary hypertension** (PH) is a disease that can strike anyone regardless of age, sex, or background. PH is defined by high blood pressure in the arteries of the lungs, which eventually enlarges and strains the right side of the heart. This can lead to heart failure or even death.
- » **Chronic thromboembolic pulmonary hypertension** (CTEPH, WHO Group 4 pulmonary hypertension) is a type of pulmonary hypertension caused by persistent blood clots in the lungs.
- » CTEPH is the only form of pulmonary hypertension that is potentially curable through surgery. People with CTEPH may also be treated with a catheter-based procedure (called balloon pulmonary angioplasty) or with medications.

### Get informed

If you have a history of pulmonary embolism and are experiencing these symptoms, talk to your doctor about pulmonary hypertension:

- » Breathlessness
- » Exercise intolerance
- » Swollen feet/legs
- » Fainting
- » Fatigue
- » Chest pain
- » Lightheadedness
- » Blue lips/fingers

### Get screened

The first screening test for CTEPH is a ventilation-perfusion scan (V/Q scan), a medical test that looks at how air and blood move through your lungs. Additional tests may be required.

### 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](http://www.phacanada.ca/findaphcentre)



PULMONARY HYPERTENSION  
ASSOCIATION OF CANADA  
L'ASSOCIATION D'HYPERTENSION  
PULMONAIRE DU CANADA

[www.phacanada.ca](http://www.phacanada.ca)

[info@phacanada.ca](mailto:info@phacanada.ca) | 1-877-774-2226

A better life for all Canadians affected by pulmonary hypertension

Last reviewed: 2026