A Leader in World-Class Cardiovascular Care.

St. Peter’s Health Care Services, a comprehensive, integrated system of care, is the Capital Region’s largest provider of health care services.

St. Peter’s Hospital is proud to be designated a national Magnet™ Hospital for consistent excellence in nursing services. St. Peter’s has also been ranked among an elite group of hospitals nationwide as a Distinguished Hospital for Patient Safety™,
Top 100 Cardiovascular Hospital, Top 100 Stroke Hospital and Top 100 Hospital for overall clinical services.

St. Peter’s continues to set the pace for health care innovations. We are 5,000 professionals who know that technology is critical to treatment, but compassion is the key to healing.

St. Peter’s Cardiac & Vascular Center
A Member of St. Peter’s Health Care Services
Pulmonary Hypertension Center

The science of medicine.
The compassion to heal.

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What causes pulmonary hypertension?

Pulmonary hypertension has many causes. They have been categorized by the World Health Organization (WHO) into five types based on likely causes. The five types are:
1. pulmonary arterial hypertension (PAH), a rare progressive disease of the small pulmonary arteries
2. pulmonary hypertension secondary to left-sided heart diseases
3. pulmonary hypertension secondary to chronic obstructive lung diseases
4. pulmonary hypertension secondary to blood clots to the lungs
5. pulmonary hypertension secondary to diseases that infiltrate the lungs including some cancers

What are the treatment options?

Treatment of Types 2 through 5 involve treatment of the underlying causes of the secondary pulmonary hypertension. This means treating the disease causing the secondary effect on the lung arteries, causing them to constrict or close off. These treatments will vary based on the specific mechanism of the disease causing the secondary pulmonary hypertension.

Treatment of Type 1 (Pulmonary Arterial Hypertension, PAH) is quite different. It involves unique medications designed to treat a specific disease of the pulmonary arteries. PAH is a primary disease of the lung arteries or pulmonary arteriopathy. It can be seen as a stand-alone disease or idiopathic (IPAH), or as part of a more systemic disease as is seen with scleroderma or systemic sclerosis. It can also be associated with liver diseases, HIV infection and congenital heart diseases among others. Treatment requires special diagnostic testing and often multispecialty consultations among the staff involved with the St. Peter's Pulmonary Hypertension Center.

What are the symptoms of pulmonary hypertension?

Symptoms of pulmonary hypertension do not usually occur until the condition has progressed to at least a moderate stage.

Symptoms of pulmonary hypertension:
• shortness of breath
• fatigue
• swelling in the ankles
• dizziness
• fainting spells
• swelling abdomen
• bluish lips and skin
• chest pain or pressure with exertion