

ABOUT THE TEAM

At the Cottage Pulmonary Hypertension Center, you can learn how to better manage your condition with help from dedicated physicians and other health care providers, including:

MEDICAL DIRECTOR – Pulmonary and critical care medicine specialist with advanced training in the care of pulmonary hypertension.

PULMONARY HYPERTENSION RN COORDINATOR – Provides comprehensive assessments and patient education for overall health and well-being.

PHYSICAL THERAPISTS – Evaluates posture, muscle function and cardiovascular status. Develops a personalized exercise prescription including aerobic, resistance and flexibility exercises.

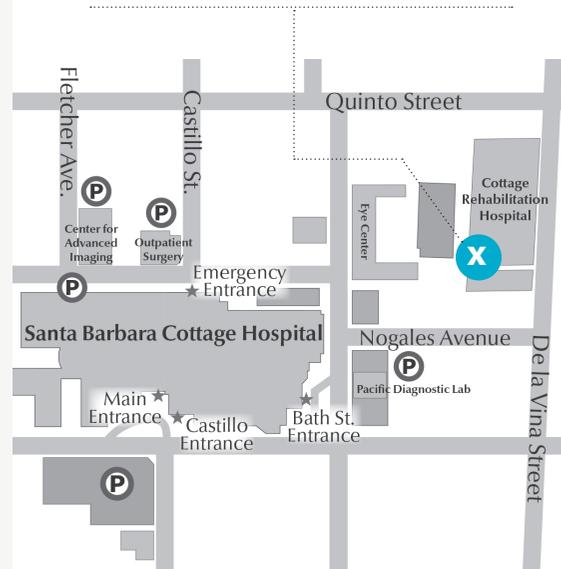
DIETITIAN – Creates a healthful eating plan that meets your personal nutrition goals.

SOCIAL WORKERS – Provides emotional support for your well-being, along with referrals for community resources and programs to assist living with chronic illness.

PHARMACIST – Reviews and optimizes proper dosing and administration of oral, inhaled and IV medications specific to your treatment.

CLINIC LOCATION

2409 De la Vina Street
At the southwest corner of the Cottage
Rehabilitation Hospital



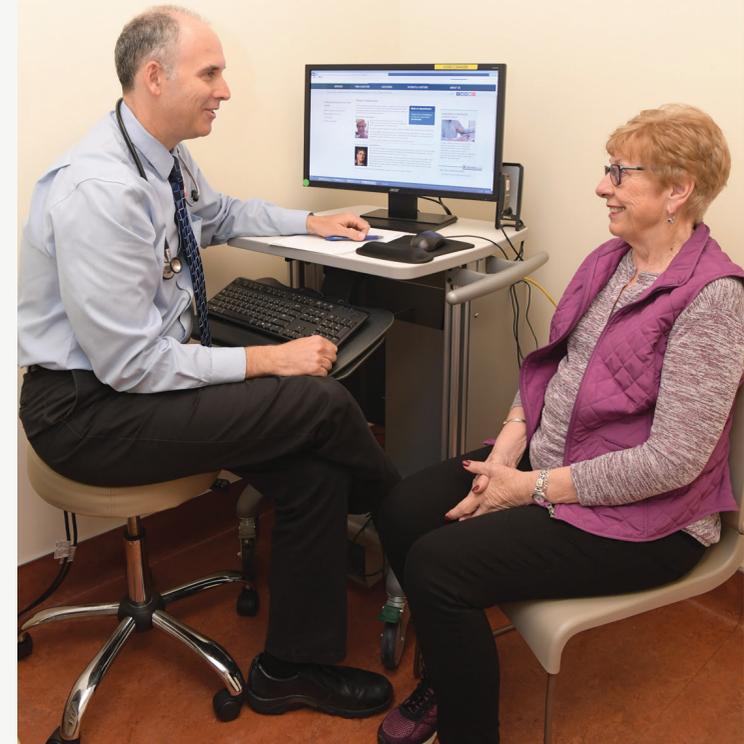
Valet parking is available at
Cottage Rehabilitation Hospital



2409 De la Vina Street
Santa Barbara, California 93105
805-569-8993

cottagehealth.org/phcc

Pulmonary Hypertension CENTER



WHAT IS PULMONARY HYPERTENSION?

Pulmonary hypertension (PH) is a condition in which blood vessels in the lungs become narrowed or damaged. This makes it harder for blood to flow through the lungs to pick up oxygen. It can strain the right side of the heart.

TYPES OF PULMONARY HYPERTENSION

The term pulmonary hypertension is used to describe high blood pressure in the lungs from any cause. More specific types of PH include the following:

- Pulmonary arterial hypertension (PAH) originates in the pulmonary arteries. PAH may be referred to as idiopathic (IPAH), which means of unknown cause. Associated PAH is related to another disease or condition that causes PAH. A relatively uncommon type of PAH is inherited. It may be referred to as heritable or familial PAH.
- Pulmonary venous hypertension (PVH) usually originates with high pressures in the heart or vascular disease.
- Chronic thromboembolic pulmonary hypertension (CTEPH) is caused by chronic blood clots in the lungs.
- PH can occur from lung diseases such as COPD, pulmonary fibrosis and obesity.

ADDITIONAL INFORMATION AND RESOURCES

Pulmonary Hypertension Association

www.phassociation.org
800-748-7274
301-565-3004

PH SYMPTOMS

Symptoms for all types of PH are similar and can get progressively worse. They can include shortness of breath, chest pain, dizziness, fainting, energy loss, racing heartbeat, dry cough and decreased appetite. Edema – which is swelling of the legs, ankles or abdomen – is another symptom of PH. Consult with a healthcare provider to determine whether you have PH or if another condition is causing your symptoms.

TREATMENT

The Cottage Pulmonary Hypertension Center offers our patients access to the full array of advanced pulmonary hypertension therapies. These include:

- Intravenous, subcutaneous and inhaled prostacyclin therapies
- Oral treatments of all the FDA approved therapies for PAH
- Access to clinical research trials for new and exciting therapies in PH
- Referrals for lung transplantation, balloon pulmonary angioplasty and pulmonary thrombo-endarterectomy

Our RN coordinator specializes in navigating issues that patients with PH face. We also provide other support services with an emphasis on nutrition and exercise counseling. Many of our patients partake in our local patient support group.

Standard medical therapies for patients suffering with lung diseases such as oxygen, diuretics and anticoagulation may also be incorporated into your care.

ABOUT THE CENTER

As one of the first comprehensively accredited centers of its kind in the country, Cottage Pulmonary Hypertension Center sets the bar for pulmonary hypertension care.

Under the leadership of Dr. Jeffrey Sager, you will get personal attention from a dedicated team of healthcare professionals who are experts in all types of PH, including pulmonary arterial hypertension. “The key to correct management of PH is the correct diagnosis,” explains Dr. Sager.

In 2014, Cottage Pulmonary Hypertension Center was awarded a Center of Comprehensive Care (CCC), the highest level of accreditation from the Pulmonary Hypertension Association (PHA). A CCC provides expert patient care in a safe environment. Patients have access to the latest clinical research trials, which embolden the science in this field as we look for a sustainable and lasting cure. Our center proudly plays an instrumental role in the development of several new therapeutic options for treating PH.

MAKE AN APPOINTMENT

Please call our scheduling line to make your appointment.

805-569-8993