

**Mayo Clinic Medical Edge**

***Living with Primary Pulmonary Hypertension***

1:00

**Log**

**Audio**

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| <b>Intro with music</b>     | GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC MEDICAL EDGE.  |
|                             | OFTEN CALLED "THE OTHER HIGH BLOOD PRESSURE," PULMONARY HYPERTENSION IS HIGH BLOOD PRESSURE IN YOUR LUNGS. SYMPTOMS MAY INCLUDE SHORTNESS OF BREATH, CHEST PAIN AND DISCOMFORT, EVEN FAINTING SPELLS. WHILE MEDICATIONS CAN HELP MANAGE THE SYMPTOMS, MAYO CLINIC DR. MICHAEL MCGOON SAYS... |
| <b>Michael McGoon, M.D.</b> | "PULMONARY HYPERTENSION IS A SERIOUS PROBLEM. IT'S NOT A PROBLEM THAT WILL BE SOLVED OVERNIGHT. IT DIDN'T GET THERE  |

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|                                    | OVERNIGHT SO IT WON'T GO AWAY OVERNIGHT. PLUS, THERE ARE NO ABSOLUTE CURES.”  |
|                                    | CATHY ANDERSON SEVERSON IS A NURSE WHO WORKS WITH PATIENTS WHO HAVE BEEN DIAGNOSED WITH THE CONDITION.  |
| <b>Cathy Anderson Severson, RN</b> | ”IT’S NOT THAT THEY NEED TO GO HOME AND DO NOTHING, IT’S BETTER TO STAY AS ACTIVE AS YOU CAN, BUT YOU MAY NEED TO DO IT AT A DIFFERENT PACE.”   |
|                                    | SHE SAYS CAREFUL PLANNING AND MAKING LISTS OF THINGS YOU WANT TO GET DONE CAN HELP A LOT. KNOW YOUR LIMITATIONS AND DON’T GET DISCOURAGED. EVEN HEALTHY PEOPLE DON’T ALWAYS ACCOMPLISH EVERYTHING THEY’D LIKE TO GET DONE IN A DAY. |
|                                    | FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT  |

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|  | MAYOCLINIC.ORG. I'M VIVIEN<br>WILLIAMS. |
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