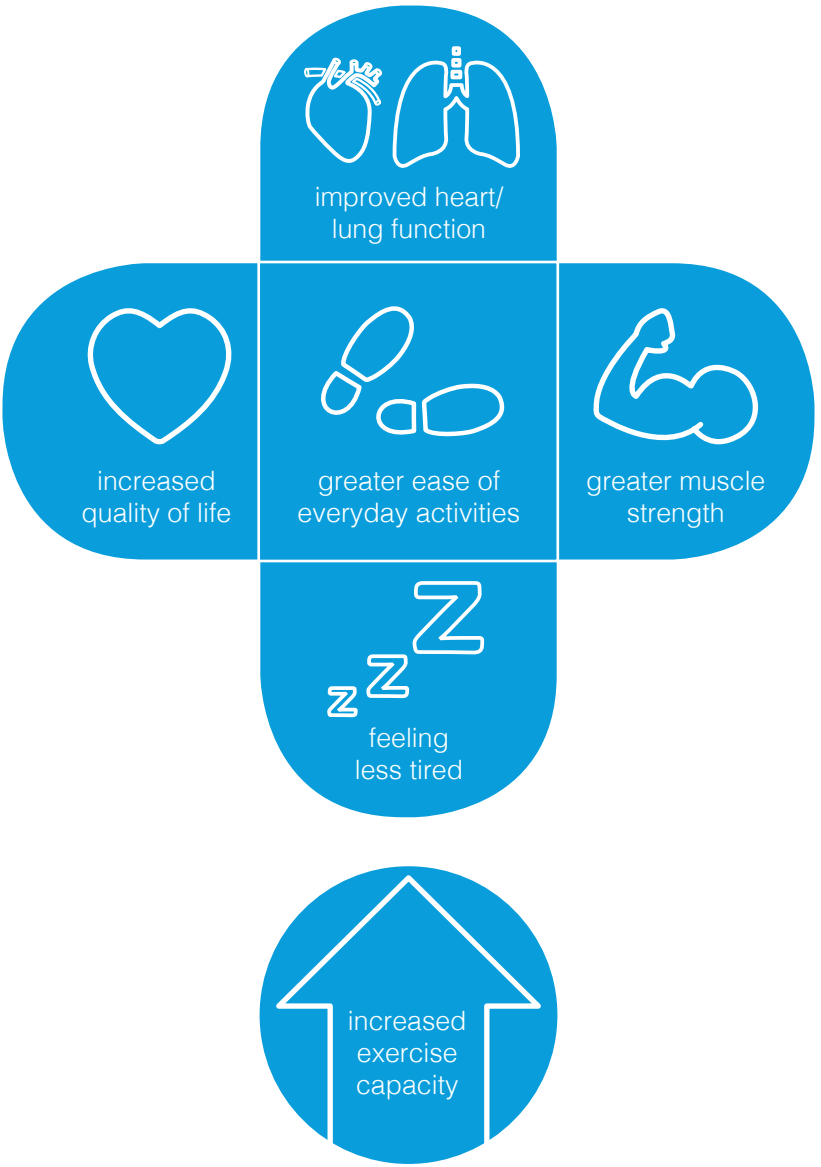
Pulmonary hypertension

How physical activity can support your treatment

This information has been produced by Bayer as part of the Breelib Patient Support Programme

Always speak to a doctor or nurse for personal medical advice. This information is intended as general information only and is not intended to replace a consultation with a healthcare professional, nor is it intended to provide specific medical advice

Benefits of increasing activity levels



Can you still be active with PH?

In the past, people with PH were advised to limit their physical activity. It is easy to see why. Breathlessness and dizziness after exercise are common symptoms of diseases like PH. So avoiding activities that provoke these symptoms seems only sensible.

A growing number of studies, however, suggest we need to think differently.

As an add-on to drug treatment, new evidence suggests that exercise can in fact be very beneficial for people with PH, by helping to improve their symptoms rather than making them worse.

PH: pulmonary hypertension

Physical activity:
Here's how to get started

Talk to your doctor

It is important to speak to your PH specialist before you begin exercising. Everybody is different, and they can advise you on the types of activity that will be suitable for you. It's important that your disease is stable with medication before you begin any exercise programme.

Start slowly

To get to know your own physical abilities and limitations, and train safely, exercises should be introduced by PH and rehabilitation specialists that are experienced in exercise training of chronically ill patients.

Please speak with your healthcare professional who can advise you further.

Physical activity:
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Listen to your body

You know your body best. Don't push yourself too hard, too fast. Always stop if you start to feel light-headed or unwell. You never want to reach a point where you are too short of breath to speak or you are experiencing chest pain.

If you experience any of these symptoms please seek medical assistance immediately.

Set aside time

While some exercise can be easily implemented into your daily routine, you could also set a specific time during the day that you use to exercise. A routine will help you to continue with the training and a designated time will help you to focus on the exercises. Choose a convenient place and a time during the day, which is not followed by stressful appointments.

Reporting of side effects and quality complaints
If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at www.mhra.gov.uk/yellowcard.
You can also report side effects and quality complaints to Bayer Plc. Further information is available on the "contact" tab at www.bayer.co.uk.
By reporting side effects you can help provide more information on the safety of this medicine.

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