

# Slow Down PAH: Know Your Medicines

## How Is PAH Treated?

People with pulmonary arterial hypertension (PAH) have high blood pressure in their lungs, which makes the lungs and heart work harder. There are several types of medicines used to treat PAH. These medicines work in different ways to open up the blood vessels in the lungs.

Most people with PAH will start on 2 medicines: a phosphodiesterase type 5 (PDE5) inhibitor and an endothelin receptor antagonist (ERA). Some people may need a third medicine, such as a prostanoid. Another type of medicine to treat PAH is called a soluble guanylate cyclase (sGC) stimulator.

### PDE5 Inhibitors and sGC Stimulators

PDE5 inhibitors and sGC stimulators help the blood vessels in the lungs to relax and widen. This helps lower pressure in the lungs and on the heart so that they can work better.

- Medicines that are pills: sildenafil (Revatio®), tadalafil (Adcirca®), riociguat (Adempas®)

### ERAs

ERAs stop the blood vessels in the lungs from constricting or "clamping down." This medicine helps the blood vessels to relax and widen, allowing more blood and oxygen to flow from the heart to the lungs.

- Medicines that are pills: ambrisentan (Letairis®), bosentan (Tracleer®), macitentan (Opsumit®)

### Prostanoids

Prostanoids help open up the blood vessels in the lungs and help ease symptoms of PAH, including chest pain and shortness of breath. These medicines come in different forms – as pills, inhaled, or given directly into a vein or under your skin with a pump (infused).

- Medicines that are pills: selexipag (Uptravi®), treprostinil (Orenitram®)
  - Medicines that are inhaled: iloprost (Ventavis®), treprostinil (Tyvaso®)
  - Medicines that are infused: epoprostenol (Flolan®, Veletri®), treprostinil (Remodulin®)
-

## What Are the Side Effects of These Medicines?

Medicines to treat PAH are generally well-tolerated. Most side effects can be managed at home and many improve over time. If you have side effects that are hard to tolerate, talk to your doctor. Your doctor may be able to adjust your dose or prescribe medicines to help with those side effects.

PDE5 Inhibitors and sGC Stimulators	ERAs	Prostanoids
<ul style="list-style-type: none"> <li>• Low blood pressure; headache; dizziness</li> <li>• Stomach issues: heartburn; gastritis; nausea; vomiting; diarrhea; or constipation</li> <li>• Others: nasal congestion; nosebleed; swelling in the legs</li> </ul> <p>A more serious side effect is lung infection.</p>	<ul style="list-style-type: none"> <li>• Swelling in the legs or abdomen</li> <li>• Stomach issues: pain or constipation</li> <li>• Sinus problems: nasal congestion or headache</li> <li>• Urinary tract infection</li> </ul> <p>Some more serious side effects include lung infection or feeling like you have the flu.</p>	<ul style="list-style-type: none"> <li>• Headache</li> <li>• Stomach issues: diarrhea; nausea; vomiting</li> <li>• Muscle or joint pain</li> <li>• Flushing of the skin</li> </ul> <p>Some more serious side effects include jaw pain, or having pain or infection at the infusion site.</p>



Taking 2 -- or sometimes 3 -- medicines for PAH can help you achieve your treatment goals, like improving your symptoms or having more energy to do the things that you love. Slow down PAH by always taking your medicines.