Dear (name)

**Sharing my story for Pulmonary Hypertension Awareness Week,**

**4th – 10th November**

I live in (name of town) and I’m writing to you to offer to share my experiences of living with pulmonary hypertension (PH) - a rare, life-limiting condition that causes high blood pressure in the blood vessels connecting the heart and lungs. There is no cure, and some people require heart and / or lung transplants.

Having PH affects me in the following ways: (Please describe how it makes you feel physically and emotionally, and any effect it has had on work / education / getting around).

PH Awareness Week, organised by the national charity the Pulmonary Hypertension Association (PHA UK), runs from November 4th – 10th 2019.

If you would like to speak to me as someone local living with PH, you can contact me on (telephone number and / or email address)

More people need to know about the condition, which is why I would like to share my story.

I would be happy to talk to you more about this. To speak to someone from the PHA UK, please email media@phauk.org.

You can find out more about the condition via their website, [www.phauk.org](http://www.phauk.org).

Kind regards,

(name)