Fourth Annual Fun Walk Aims to Increase Awareness of Little Known Lung Disease

FRESNO - The Fresno Pulmonary Hypertension Support Group will hold its 4th annual Fun Walk on Saturday, Oct. 17 at Railroad Park, 399 W. Alluvial in Clovis. Registration begins at 10 a.m. The opening ceremony takes place at 11 a.m. and the walk begins at 11:30 a.m., followed by a barbecue and live music from noon to 1 p.m. The event is open to the public.

The Fun Walk, also known as the “Six-Minute Marathon,” aims to increase awareness of pulmonary hypertension (PH). PH is a devastating condition without a cure, which results in high blood pressure in the lungs. Over time, the heart becomes weakened and enlarged. Arteries in the lungs can narrow, which leads to less oxygen in the blood. Patients with pulmonary hypertension often struggle to breathe and even six minutes of activity can feel like running a marathon.

Approximately 20 years ago, there were no treatments for PH and the outlook for patients was grim. Today, many advances have been made and effective, state-of-the-art treatments are available in Fresno. The UCSF Fresno-affiliated Pulmonary Hypertension Program, established in 2008 and based at Community Regional Medical Center, specializes in the diagnosis and management of patients with PH.

Over the past seven years, the program has grown steadily and cares for hundreds of patients in the San Joaquin Valley. It is the only PH program in the region and includes innovative treatments and has an active support network through the Fresno Pulmonary Hypertension Support Group.

Rino Aldrighetti, president and CEO of the national Pulmonary Hypertension Association in Maryland, will be at the Fun Walk to recognize the outstanding work of the Fresno Pulmonary Hypertension Support Group. The group is one of the largest and most well attended in the nation and has been recognized for their exceptional work.

To learn more about Pulmonary Hypertension, go to the PHA website at PHAssociation.org. For more information on the Fun Run and the Fresno PH support group, please call (559) 459-PHTN (7486).

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