

PLAN FOR 2026

Slovenian PH association

13 JANUAR



ASSOCIATION ACTION PLAN FOR 2026

1. SERIES – PH PODCASTS

Project Description

The PH Podcast Series is a long-term awareness-raising project aimed at increasing public understanding of rare forms of pulmonary hypertension (PH), improving disease recognition, and strengthening support for patients and their families.

Through carefully selected topics, the series will comprehensively address key aspects of PH – from early symptom recognition and diagnosis to modern treatment options, psychosocial challenges, and quality of life. The content will be suitable both for individuals who are not yet diagnosed and for patients who have already received a diagnosis but are still seeking reliable information and guidance on where to turn in case of difficulties.

Special emphasis will be placed on hope, highlighting the progress in new therapies, innovative treatment approaches, and positive patient stories.

Distribution Channels

- YouTube
- Spotify
- Association's official website
- Social media platforms

Participants / Speakers

- PH specialist physicians
- Psychologist
- Nutritionist
- Physiotherapist
- Representatives of the association
- Patients and family members
- A patient after lung transplantation

2. APPEARANCE ON A LEADING HEALTH AND PREVENTION TV SHOW (DR. ZUPANČIČ)

In 2026, the association plans to participate in one of the most-watched television programs focused on health and prevention.

Objectives of the Appearance

- To present rare forms of pulmonary hypertension to the general public
- To emphasize the importance of early symptom recognition
- To share personal patient stories
- To present new medications and advanced surgical treatment options

This media appearance will significantly contribute to raising awareness and promoting earlier diagnosis of PH in the general population.

3. MAY 2026 – CONFERENCE FOR PH PATIENTS

Purpose of the Conference

The conference will be an educational and professional one-day event for PH patients and their family members. Its primary goal is to empower patients, emphasize the importance of regular and consistent therapy, and present modern treatment approaches and disease management strategies.

Through expert lectures and personal experiences, we aim to demonstrate that a high quality of life is possible despite the diagnosis. The event will also serve as an opportunity to strengthen the patient community and increase the number of association members.

Conference Program Includes

- Short lecture: *What is Pulmonary Hypertension*
- Overview of current treatment options
- New medications and advanced surgical treatment approaches
- Challenges in early diagnosis
- Psychological challenges faced by patients and their families
- The importance and impact of regular, adapted physical activity
- Nutrition and sleep
- Stress management in everyday life

4. AWARENESS ACTIVITIES IN FRONT OF HEALTHCARE CENTERS – 6-MINUTE WALK TEST

Purpose of the Activity

The objective is to raise public awareness of pulmonary hypertension symptoms and highlight the importance of early and accurate diagnosis.

The 6-minute walk test is a well-established tool that the association has been using for many years. Through practical demonstration, we aim to help people better understand the physical limitations experienced by PH patients.

Geographical Expansion in 2026

Activities have already been successfully carried out in:

- Central Slovenia
- Styria
- Gorenjska region

In 2026, the association plans to expand awareness activities to:

- Dolenjska region
- Primorska region

5. STROLLER FESTIVAL

Event Title: *Every Breath Counts – Do You Get Out of Breath After Minimal Effort?*

Purpose of the Event

The association's presence at the festival aims to raise awareness of pulmonary hypertension through an experiential and interactive approach.

Festival visitors will have the opportunity to:

- Try a modified walking exercise using a straw and a clothespin
- Receive basic information about PH symptoms
- Ask questions related to health concerns
- Receive guidance on how to proceed in case of suspected symptoms
- Learn about the association's work and join as new members

6. CONNECTING – MEMBER EXCURSION

The association will organize a member excursion with the purpose of:

- Strengthening mutual support and connection among patients
- Spreading hope and encouragement
- Promoting healthy lifestyle choices
- Emphasizing the importance of an active yet adapted lifestyle for people living with PH

This activity will contribute to stronger community bonds and improved quality of life for members.