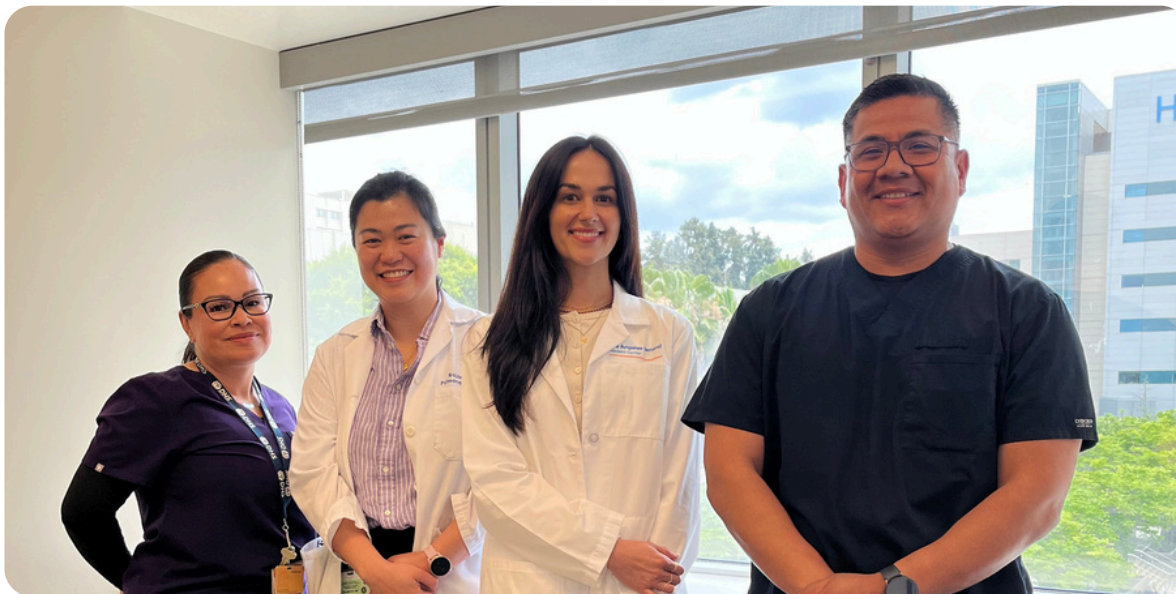


FROM BREATHLESS TO MARATHON-READY

How Evelyn Morales went from struggling to climb stairs to running marathons — with help from the LA General Pulmonary Hypertension Program.

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Los Angeles, CA — In September 2024, Evelyn Morales was diagnosed with pulmonary hypertension and heart disease. She had noticed her endurance fading — heart palpitations, shortness of breath, and an inability to run the way she always had. What followed was a journey back to health that she never expected.

A Diagnosis That Changed Everything

Evelyn had always been active. Running was part of her identity. But slowly, climbing stairs became exhausting and her heart would flutter for no clear reason. After seeking care, she learned the culprit: pulmonary hypertension — high blood pressure in the arteries of the lungs that forces the heart to work harder over time.

Her first prescribed treatment caused significant pain, so the team worked with her to find a better path. She transitioned to oral medications, which made an immediate difference in how she felt.

"With consistent treatment, exercise, and healthy eating — I am able to run marathons again." — Evelyn Morales, Patient

The Team Behind Evelyn's Care

RAJANY DY, MD
PHYSICIAN

LAURA OPPEGARD, MD
PHYSICIAN

NANCY ARREDONDO, RN
REGISTERED NURSE

JUAN CORTEZ, NP
NURSE PRACTITIONER

Evelyn's story is proof that a diagnosis doesn't have to be the end of the life you love — it can be the beginning of fighting for it. With the right care, the right team, and the courage to keep going, people with pulmonary hypertension can and do thrive.