Scientific and practical silhouettes of pulmonary hypertension (message one)

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ABSTRACT. The historical development of understanding pulmonary hypertension (PH) demonstrates the evolution from descriptive morphology to precise molecular medicine, resulting in the creation of effective therapeutic strategies for a previously fatal disease. Key scientific publications, clinical trials, and historical milestones in the study of PH for the period 1886-2020 were reviewed. Six major stages in the development of knowledge about PH such as early morphological descriptions (1886-1891), the formation of clinical concepts (1901-1938), the development of diagnostic methods (1930-1970), epidemiological studies and classification (1965-1980), molecular discoveries (1980-2000), and modern targeted therapy (2000 – present) were identified. Among key milestones, there were the first clinical description by Romberg (1891), the epidemic due to taking aminorex (1965-1968), the use of cardiac catheterization with the Forssmann – Cournand – Richards technique (1929-1944), and the discovery of the role of nitric oxide (1980-1987). The transformation from descriptive pathology to molecular understanding has led to the creation of three major therapeutic classes: prostacyclin analogues, endothelin receptor antagonists, and phosphodiesterase-5 inhibitors.

KEY WORDS: pulmonary hypertension, medical history, remodeling, epidemic, pulmonary arteritis.