

BY: M. of A. Paulin

**MEMORIALIZING** Governor Kathy Hochul to proclaim  
February 22, 2023, as Hypertrophic Cardiomyopathy  
Awareness Day in the State of New York

**WHEREAS,** It is the custom of this Legislative Body to recognize official days that are set aside to increase public awareness of serious health conditions that affect the lives of citizens of New York State; and

**WHEREAS,** Attendant to such concern, and in full accord with its long-standing traditions, it is the sense of this Legislative Body to memorialize Governor Kathy Hochul to proclaim February 22, 2023, as Hypertrophic Cardiomyopathy Awareness Day in the State of New York; and

**WHEREAS,** Designated as the fourth Wednesday of February annually, the observance of Hypertrophic Cardiomyopathy Awareness Day is meant to educate the citizens of New York on this chronic disease and to advocate for advancing research, understanding, and care to those with Hypertrophic Cardiomyopathy; and

**WHEREAS,** Hypertrophic Cardiomyopathy (HCM) is a chronic cardiovascular disease, involving thickening of the heart muscle, that can lead to the development of debilitating symptoms and serious complications; if not diagnosed and treated, HCM can cause heart failure, atrial fibrillation, stroke, and in rare cases sudden cardiac death; and

**WHEREAS,** The most common inheritable heart disease, HCM can affect anyone regardless of age, gender, or ethnicity, with a reported prevalence ranging from one in 200 to one in 500 in the general population; and

**WHEREAS,** Affecting an estimated 700,000 people in the United States, HCM is commonly left untreated for a long time; it is hypothesized that of that estimation, 85% remain undiagnosed; and

**WHEREAS,** HCM shares symptoms with other common cardiovascular and pulmonary diseases, such as shortness of breath, chest pain, fatigue, palpitations, and fainting, making it difficult to distinguish HCM from these other diseases; and

**WHEREAS,** All-cause mortality risk is three to four times higher in patients with HCM than that of people not diagnosed with the condition; and

**WHEREAS,** Knowing one's medical history and any signs and symptoms of HCM is an important first step in receiving an accurate diagnosis of the disease; a healthcare provider must conduct a thorough screening with cardiac health questions to help identify a risk of cardiac disorders both genetic and congenital; and

**WHEREAS,** A healthcare provider may conduct several tests to determine a diagnosis of HCM, including an echocardiogram, a cardiac MRI, or genetic testing to confirm a family history of HCM, and must examine the heart; and

**WHEREAS,** Following a diagnosis of HCM, it is critical for patients to work with their healthcare provider to learn more about their disease and understand different management options, including prescription medicines and surgical treatment options; and

**WHEREAS,** The Hypertrophic Cardiomyopathy Association (HCMA) is the preeminent organization improving the lives of those with HCM, preventing untimely deaths and advancing global understanding of the complicated heart disease; and

**WHEREAS,** Founded in 1996, HCMA is committed to providing support, education, and advocacy to those with HCM; and

**WHEREAS,** It is imperative that there be greater public awareness of this serious health condition, and more must be done to increase activity at the local, State, and National levels; now, therefore, be it

**RESOLVED,** That this Legislative Body pause in its deliberations to memorialize Governor Kathy Hochul to proclaim February 22, 2023, as Hypertrophic Cardiomyopathy Awareness Day in the State of New York; and be it further

**RESOLVED,** That copies of this Resolution, suitably engrossed, be transmitted to The Honorable Kathy Hochul, Governor of the State of New York; and the Hypertrophic Cardiomyopathy Association.