

BY: Senator PALUMBO

MEMORIALIZING Governor Kathy Hochul to proclaim February 3, 2026, as Topical Steroid Withdrawal 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 awareness of serious diseases that affect the lives of citizens of the State of New York; and

WHEREAS, Attendant to such concern, and in full accord with its long-standing traditions, this Legislative Body hereby memorializes Governor Kathy Hochul to proclaim February 3, 2026, as Topical Steroid Withdrawal Awareness Day, in conjunction with the observance of Global Topical Steroid Withdrawal Awareness Day; and

WHEREAS, Both intentional and unintentional exposure to topical steroids can lead to Topical Steroid Addiction (TSA) and Red Skin Syndrome (RSS) leaving individuals to heal through Topical Steroid Withdrawal (TSW)-a painful, prolonged, and debilitating syndrome with a lengthy recovery process; and

WHEREAS, Topical steroids are widely prescribed and readily available over the counter to treat both acute and chronic skin conditions-including eczema, psoriasis, vitiligo, alopecia areata, and various forms of dermatitis-making topical steroids a commonly relied-upon treatment, often used without full awareness of their potential long-term risks and side effects; and

WHEREAS, Topical Steroid Withdrawal is characterized by a progressive and debilitating range of symptoms-including intense skin flushing, redness, inflammation, widespread rashes, and itching-that often escalate in severity and spread beyond the original condition; and

WHEREAS, Additional symptoms may include hot, burning, weeping, oozing, crusting, flaking, thickened "elephant" skin; edema; epinephrine spikes and surges; nerve sensitivity; tremors; difficulty regulating body temperature; severe insomnia; lymphadenopathy; and hair loss; and

WHEREAS, TSW symptoms may arise during active use, pauses in use, or upon discontinuation of topical steroids, and can persist for months or years-leaving many individuals bedridden, housebound, and unable to work, care for children, or attend school; and

WHEREAS, The prolonged withdrawal and recovery process has profound consequences on both physical and mental health; studies show that 81% of adults and 56% of children going through TSW report anxiety and/or depression, while 47% of adults and 11% of children report suicidal ideation; and

WHEREAS, The lack of public and medical awareness-combined with the often prolonged and painful recovery-can lead to significant friction

between patients and healthcare providers; patients may feel dismissed, misdiagnosed, or neglected, while healthcare providers may wrongly interpret symptoms as non-compliance and in some pediatric cases, this misunderstanding resulted in unwarranted accusations of parental neglect; and

WHEREAS, The lack of sufficient research, clinical awareness, and recognition of Topical Steroid Addiction, Red Skin Syndrome, and Topical Steroid Withdrawal continues to impede accurate diagnosis, effective treatment, and the development of standardized medical guidelines, limiting both healthcare provider education and informed prescribing practices; and

WHEREAS, Addressing this gap through increased research and education will promote responsible prescribing, improve diagnostic accuracy, and enhance patient care, ultimately providing meaningful support and recognition for those impacted by TSW; and

WHEREAS, It is the sense of this Legislative Body to recognize and support initiatives that promote public health and enhance the well-being of all New Yorkers by encouraging efforts that will improve awareness of Topical Steroid Withdrawal; now, therefore, be it

RESOLVED, That this Legislative Body pause in its deliberations to memorialize Governor Kathy Hochul to proclaim February 3, 2026, as Topical Steroid Withdrawal Awareness Day in the State of New York, to honor and support those affected, raise public and medical awareness, and encourage continued research, education, and the responsible use of topical steroids; and be it further

RESOLVED, That a copy of this resolution be transmitted to the International Topical Steroid Awareness Network (ITSAN), as well as other appropriate public health and medical organizations.