

**BY:** M. of A. DeStefano

**MEMORIALIZING** Governor Kathy Hochul to proclaim May 5, 2026, as Severe Asthma Day in the State of New York, in conjunction with the observance of World Asthma Day

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

**WHEREAS,** World Asthma Day is an annual event observed on the first Tuesday of May each year to raise awareness about asthma, its symptoms, and the importance of asthma management; the day aims to educate people about the condition, promote better understanding of asthma care, and improve the quality of life for those affected by the disease; and

**WHEREAS,** Asthma is a chronic respiratory condition that affects the airways in the lungs; it causes the airways to become inflamed and narrowed, which makes it harder to breathe; people with asthma often experience symptoms like: shortness of breath; wheezing; coughing, especially at night or early in the morning; and chest tightness; and

**WHEREAS,** While asthma is a common respiratory condition affecting millions worldwide, severe asthma represents a more complex and challenging variant that requires special attention; unlike regular asthma, which typically responds well to standard medications and allows patients to maintain relatively normal daily activities, severe asthma presents a more formidable challenge; and

**WHEREAS,** Patients with severe asthma experience persistent symptoms despite adhering to high-dose medications, frequently requiring emergency medical intervention and oral steroids for management; this demanding form of asthma significantly impacts quality of life, with sufferers experiencing regular night-time awakenings and limited physical activities; and

**WHEREAS,** The economic burden is also substantially higher, as patients require more frequent medical attention and specialized treatments; while regular asthma patients can often identify and avoid specific triggers, those with severe asthma face multiple, often elusive triggers and commonly deal with additional health complications such as chronic sinusitis and gastroesophageal reflux disease (GERD); and

**WHEREAS,** Understanding these distinctions is crucial for healthcare providers to develop appropriate treatment strategies and for patients to receive the specialized care they need; and

**WHEREAS,** Severe asthma remains one of the most challenging respiratory conditions to diagnose and manage, creating significant hurdles for both healthcare providers and patients; unlike regular asthma, which follows a relatively straightforward diagnostic path,

severe asthma often presents as a medical puzzle, requiring extensive testing and elimination of other conditions before a definitive diagnosis can be made; and

**WHEREAS,** The diagnostic journey is particularly complex because healthcare providers must first confirm that patients are adhering to their current treatment regimens and using proper inhaler techniques; they must also rule out other conditions that might mimic severe asthma symptoms, such as vocal cord dysfunction, bronchiectasis, or allergic bronchopulmonary aspergillosis; and

**WHEREAS,** Management of severe asthma presents its own set of challenges; patients often require a combination of high-dose inhaled corticosteroids, long-acting beta-agonists, and additional controllers, yet may still experience breakthrough symptoms; the introduction of biological therapies has added another layer of complexity to treatment decisions, as determining which patients will respond best to specific biologics requires careful phenotyping and endotyping of their asthma; and

**WHEREAS,** Moreover, severe asthma often coexists with other medical conditions, creating a complex web of symptoms that can be difficult to untangle; these comorbidities, including chronic rhinosinusitis, nasal polyps, and obesity, can exacerbate asthma symptoms and complicate treatment approaches; and

**WHEREAS,** The psychological burden of managing such a demanding chronic condition can also lead to anxiety and depression, further impacting quality of life and treatment adherence; and

**WHEREAS,** It is imperative that there be greater public awareness of severe asthma, and more must be done to increase activity at the local, state and national levels to support those afflicted as well as their families and caregivers; now, therefore, be it

**RESOLVED,** That this Legislative Body pause in its deliberations to memorialize Governor Kathy Hochul to proclaim May 5, 2026, as Severe Asthma Day in the State of New York, in conjunction with the observance of World Asthma Day; and be it further

**RESOLVED,** That a copy of this Resolution, suitably engrossed, be transmitted to The Honorable Kathy Hochul, Governor of the State of New York.