

STATE OF MAINE

IN THE YEAR OF OUR LORD

TWO THOUSAND TWENTY-FOUR

**JOINT RESOLUTION DESIGNATING FEBRUARY 28, 2024 AS
HYPERTROPHIC CARDIOMYOPATHY AWARENESS DAY**

WHEREAS, hypertrophic cardiomyopathy is a chronic cardiac disease involving thickening of the heart muscle and can potentially lead to debilitating symptoms and serious complications, including heart failure, atrial fibrillation, stroke and, in rare cases, sudden cardiac death; and

WHEREAS, hypertrophic cardiomyopathy is the most common inheritable heart disease and can affect anyone regardless of age, gender or ethnicity, with a reported prevalence ranging from 1 in 200 to 1 in 500 in the general population; and

WHEREAS, an estimated 700,000 to 1,650,000 people in the United States have hypertrophic cardiomyopathy, yet 85% of them may remain undiagnosed; and

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

WHEREAS, the all-cause mortality risk is 3 to 4 times higher in persons with untreated hypertrophic cardiomyopathy than in the general population; and

WHEREAS, knowing a patient's medical history and any signs and symptoms of hypertrophic cardiomyopathy that the patient is experiencing is an important first step in accurately diagnosing hypertrophic cardiomyopathy; and

WHEREAS, a health care provider must conduct a thorough screening with cardiac health questions to help calculate a patient's risk of genetic and congenital cardiac disorders; and

WHEREAS, a health care provider may conduct several tests, including an echocardiogram, a cardiac magnetic resonance imaging test or genetic testing, to confirm a family history of hypertrophic cardiomyopathy and must examine the patient's heart to correctly diagnose hypertrophic cardiomyopathy; and

WHEREAS, following a diagnosis of hypertrophic cardiomyopathy, it is important for patients to work with their health care providers to learn more about the disease and understand different management options, including prescription medicines and surgical treatments; and

WHEREAS, the 4th Wednesday in February has been designated Hypertrophic Cardiomyopathy Awareness Day by the Hypertrophic Cardiomyopathy Association; now, therefore, be it

RESOLVED: That We, the Members of the One Hundred and Thirty-first Legislature now assembled in the Second Regular Session, on behalf of the people we represent, take this opportunity to designate February 28, 2024 as Hypertrophic Cardiomyopathy Awareness Day, to acknowledge the critical importance of hypertrophic cardiomyopathy awareness in

improving cardiovascular health in the State and to express our support for raising awareness of undiagnosed and untreated hypertrophic cardiomyopathy as a serious public health issue and the need to seek appropriate care for patients suffering from hypertrophic cardiomyopathy.