

SENATE JOINT RESOLUTION

No. 119

STATE OF NEW JERSEY

220th LEGISLATURE

INTRODUCED FEBRUARY 23, 2023

Sponsored by:

Senator ANTHONY M. BUCCO

District 25 (Morris and Somerset)

SYNOPSIS

Designates fourth Wednesday of February each year as Hypertrophic Cardiomyopathy Awareness Day in New Jersey.

CURRENT VERSION OF TEXT

As introduced.



1 **A JOINT RESOLUTION** designating Hypertrophic Cardiomyopathy
2 Awareness Day.

3

4 **WHEREAS**, Hypertrophic Cardiomyopathy is a disease caused by
5 abnormal genes in the heart muscle that result in the thickening of
6 the walls of the heart which oftentimes lead to symptoms that
7 include chest pain, fatigue and swelling of the ankles, feet, legs, and
8 abdomen; and

9 **WHEREAS**, As the disease progresses, the thickened walls of the heart
10 may be become stiff and reduce the amount of blood pumped
11 throughout the body; and

12 **WHEREAS**, This disease affects many people and families in New
13 Jersey and can lead to death if left untreated; and

14 **WHEREAS**, It is estimated that 1 in every 500 people have
15 Hypertrophic Cardiomyopathy, but a large percentage of patients
16 with the disease are undiagnosed; and

17 **WHEREAS**, Medications such as beta-blockers, calcium channel
18 blockers, and diuretics are available for people experiencing
19 Hypertrophic Cardiomyopathy symptoms, but for those who have
20 the disease and are not experiencing symptoms it is recommended
21 that they maintain a healthy diet, abstain from smoking, and
22 maintain a normal weight; and

23 **WHEREAS**, Hypertrophic Cardiomyopathy has been regarded as the
24 most common cause of sudden cardiac death in young people and
25 among competitive athletes in North America; and

26 **WHEREAS**, Most people living with the disease have a normal life
27 expectancy without significant limitations or complications,
28 however, as it is a genetic disease it is important that people with
29 relatives diagnosed with the disease take preventative steps to be
30 screened and diagnosed to avoid health complications; and

31 **WHEREAS**, The Hypertrophic Cardiomyopathy Association, founded
32 in 1996 in Hibernia, New Jersey, currently serves thousands of
33 families worldwide; and

34 **WHEREAS**, Increasing awareness on the signs and symptoms of this
35 disease is important as it can help with getting an early diagnosis
36 when treatment may be most effective; and

37 **WHEREAS**, A Hypertrophic Cardiomyopathy awareness day would
38 provide New Jerseyans with an annual reminder to check
39 themselves for symptoms of the disease in effort to seek early
40 medical intervention; now, therefore,

41

42 **BE IT RESOLVED** *by the Senate and General Assembly of the*
43 *State of New Jersey:*

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45 1. The fourth Wednesday of February each year is designated as
46 Hypertrophic Cardiomyopathy Awareness Day in New Jersey to
47 bring awareness to Hypertrophic Cardiomyopathy and encourage

1 New Jerseyans to take preventative steps to identify the disease
2 symptoms and risk factors.

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4 2. The Governor is respectfully requested to annually issue a
5 proclamation recognizing the fourth Wednesday of February as
6 “Hypertrophic Cardiomyopathy Awareness Day” in New Jersey.

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8 3. This joint resolution shall take effect immediately.

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STATEMENT

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13 This resolution designates the fourth Wednesday of February of
14 each year as Hypertrophic Cardiomyopathy Awareness Day in New
15 Jersey. People with Hypertrophic Cardiomyopathy are at risk of
16 thickening of the walls of the heart that can lead to adverse health
17 outcomes including death. As the disease progresses, the abnormal
18 thickened walls of the heart may become stiff and reduce the
19 amount of blood pumped throughout the body. Signs and symptoms
20 include chest pain, fatigue and swelling of the ankles, feet, legs, and
21 abdomen.

22 Hypertrophic Cardiomyopathy can be treated and managed.
23 Medications such as beta-blockers, calcium channel blockers, and
24 diuretics are available for people experiencing disease symptoms.
25 People who have been diagnosed with Hypertrophic
26 Cardiomyopathy and are not experiencing symptoms are
27 encouraged to maintain a healthy diet, abstain from smoking, and
28 maintain a normal weight. It is important that symptoms are
29 identified early and that a medical professional provide a diagnosis
30 in order to take preemptive steps in managing the disease. It is
31 estimated that 1 in every 500 people have Hypertrophic
32 Cardiomyopathy, but a large percentage of patients are
33 undiagnosed. Being aware one’s own medical history, as well as of
34 the signs and symptoms of the disease, is important in identifying
35 one’s own genetic predisposition and avoiding Hypertrophic
36 Cardiomyopathy related health related complication.