

**Hau, Lucy**

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**Subject:** FW: Proclamation request (Pulmonary Hypertension Month - November)

**From:** Ruth Dolan  
**Sent:** Thursday, October 20, 2011 10:27 AM  
**To:** Scarpitti, Frank  
**Subject:** Proclamation request for November

Mr. Frank Scarpitti

Your Honour,

I am writing to request a proclamation from the Town of Markham to declare November Pulmonary Hypertension Month.

Mayor White of the Town of Bradford, ON has kindly agree to do so as have the mayors of New Tecumseth and Barrie. This will be a tremendous help to us in our awareness efforts on behalf of all persons throughout your community and Canada who suffer with this rare, life threatening lung disease.

PULMONARY HYPERTENSION, or PH, is a disease affecting the arteries of the lungs. It can strike anyone regardless of age, sex, social or ethnic background. In pulmonary hypertension (which means high blood pressure in the lungs), the arteries of the lungs become narrowed and scarred, which can result in almost complete closing of the arteries. People affected with this disease suffer from continuous high blood pressure in the lungs which results in an enlargement of the heart, and can lead to heart failure.

Some symptoms of pulmonary hypertension are: shortness of breath (especially with activity); bluish or purplish hands, feet and lips; swelling of hands and feet; light-headedness/dizziness, especially when climbing stairs or standing up; chest pain, especially with physical activity; feeling tired all the time; and sometimes even fainting.

The somewhat "generic" symptoms, as seen above, often get mistaken for other less serious illnesses and conditions and patients therefore experience significant delays in receiving lifesaving treatments.

I am the mother of a young woman who is living with Pulmonary Hypertension (PH). I am also the Co-Leader for the Toronto Chapter, Pulmonary Hypertension Support Group. PH Canada, the only PH group in southern Ontario.

For More information about PH and this request, please feel free to contact me. Thank you.

Kind regards,

Ruth

Ruth Dolan

Toronto Chapter, PH Support Group

Pulmonary Hypertension Canada