[Date]

Mayor [fill in name]

[Address]

I am writing to request a proclamation from the City of [fill in name] to declare May 5th World PH Day.

Held annually on May 5th, World Pulmonary Hypertension Day raises awareness of PH and celebrates the strength and resilience of the PH community worldwide. It is also an opportunity to highlight new developments in PH research and treatment.

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. PH is difficult to diagnose because it shares many of its symptoms with other conditions. Because of this, many people are misdiagnosed. Without treatment, the average life expectancy of a PH patient is less than three years. Ironically, many patients spend 2-3 years of their life seeking an accurate diagnosis.

Most Canadians have never heard of the disease until it affects them or someone they know. Unfortunately, this lack public awareness means that pulmonary hypertension is often diagnosed at a very late stage. I am personally affected by pulmonary hypertension: [details of your relationship to PH]. Because of my personal connection to the illness, it’s extremely important to me to raise awareness of PH and in doing so, promote earlier diagnosis. To learn more about World PH Day go to **phacanada.ca/WorldPHDay.**

Thank you in advance for considering my request. I look forward to hearing from you. Please do not hesitate to contact me if you need additional information.

Sincerely,

[your signature]

[your name]

[your contact information]

www.phacanada.ca