<<Date>>

Dear XXX,

I am writing to request the illumination of \_\_\_\_\_\_\_\_\_\_\_\_\_ monument in purple on May 5, 2024, in recognition of World Pulmonary Hypertension Day.

Pulmonary hypertension (PH) is a rare but very complex and serious lung disease which is progressive and fatal. PH is defined by high blood pressure in the lungs, which leads to enlargement and weakness of the right side of the heart, a serious type of heart failure. PH can strike anyone regardless of age, sex, social or ethnic background.

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.

Celebrated annually on May 5th since 2012, World PH Day is an international event that raises awareness of pulmonary hypertension. World PH Day focuses on the importance of improving the quality of life and life expectancy of more than 25 million people living with PH worldwide. Since 2014, monuments and landmarks across Canada have been lit in purple on May 5th to mark World PH Day and raise awareness of pulmonary hypertension in Canada with our Paint Canada Purple (#PaintCanadaPurple) campaign, which seeks to illuminate monuments across the country.

Most Canadians have never heard of the disease until it affects them or someone they know. Unfortunately, this lack of 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.

I hope you will consider my request to have \_\_\_\_\_\_\_\_\_\_\_\_\_\_ monument lit up in purple on May 5, 2024, as part of the Paint Canada Purple (#PaintCanadaPurple) campaign. For more information on World PH Day activities in Canada, please visit the Pulmonary Hypertension Association of Canada’s website at www.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,

[NAME AND CONTACT INFORMATION]