

STATE OF NORTH DAKOTA

PROCLAMATION

HYPERTROPHIC CARDIOMYOPATHY AWARENESS DAY FEBRUARY 25, 2026

WHEREAS, Hypertrophic Cardiomyopathy ("HCM") is a chronic cardiovascular 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, HCM is the most common inheritable heart disease and can affect anyone regardless of age, gender or ethnicity with a reported prevalence ranging from 1 to 200 in 500 in the general population; and

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

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

WHEREAS, when untreated, all-cause mortality risk is 3 to 4 times higher in patients with HCM than that of the general population; and

WHEREAS, knowing one's medical history and any signs and symptoms of HCM is an important first step in receiving an accurate diagnosis of HCM; and

WHEREAS, a health care provider must conduct a thorough screening with cardiac health questions to help identify a risk of cardiac disorders both genetic and congenital.

NOW, THEREFORE, as Governor of the State of North Dakota, I do hereby proclaim
February 25, 2026, **HYPERTROPHIC CARDIOMYOPATHY AWARENESS DAY** in the
State of North Dakota.




Kelly Armstrong
GOVERNOR

ATTEST: 
Michael Howe
SECRETARY OF STATE