

2026 SESSION

ENROLLED

HOUSE JOINT RESOLUTION NO. 89

Designating May 9, in 2026 and in each succeeding year, as Long QT Syndrome Awareness Day in Virginia.

Agreed to by the House of Delegates, February 11, 2026

Agreed to by the Senate, March 3, 2026

WHEREAS, the American Heart Association defines Long QT syndrome as a genetic or acquired heart electrical disorder where the ventricles take too long to recharge, potentially causing dangerous arrhythmias, palpitations, syncope, or sudden death; and

WHEREAS, Long QT syndrome takes its name from the electrical activity that occurs during the QT interval of a heartbeat; individuals with the disorder experience a longer period between Q and T waves, which may lead to sudden, uncontrollable fast heart rhythms; and

WHEREAS, symptoms of Long QT syndrome may include gasping while sleeping, fainting, or seizures; however, in one out of 10 patients, the first symptom is cardiac arrest or sudden death; and

WHEREAS, while not everyone with Long QT syndrome may develop dangerous heart rhythms, they are fatal when they do occur; and

WHEREAS, according to the American Heart Association, Long QT syndrome affects between one in 2,000 and one in 2,500 people; the disorder may be inherited or may occur later in life, but it is rare to develop symptoms after age 40; and

WHEREAS, treatments for Long QT syndrome include lifestyle changes, medication, implantable medical devices, or surgery to remove the nerves that cause dangerous heart rhythms; and

WHEREAS, the SADS Foundation is a national nonprofit organization dedicated to providing support and educational materials to patients and medical professionals and promoting research into causes and treatments for conditions that cause heart rhythm anomalies, such as Long QT syndrome; and

WHEREAS, Long QT Syndrome Awareness Day provides an occasion for Virginians to learn more about the condition, provide support and care for individuals living with the condition, and seek opportunities to advance research initiatives across the Commonwealth and the nation; now, therefore, be it

RESOLVED by the House of Delegates, the Senate concurring, That the General Assembly designate May 9, in 2026 and in each succeeding year, as Long QT Syndrome Awareness Day in Virginia; and, be it

RESOLVED FURTHER, That the Clerk of the House of Delegates transmit copies of this resolution to the American Heart Association and the SADS Foundation so that members of the organizations may be apprised of the sense of the General Assembly of Virginia in this matter; and, be it

RESOLVED FINALLY, That the Clerk of the House of Delegates post the designation of this day on the General Assembly's website.

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