
THE GENERAL ASSEMBLY OF PENNSYLVANIA

HOUSE RESOLUTION

No. 407 Session of
2013

INTRODUCED BY MICCARELLI, HENNESSEY, COHEN, MILLARD, DIGIROLAMO,
CALTAGIRONE, READSHAW, MAHONEY, HELM, MAJOR, V. BROWN,
D. COSTA, BROWNLIE, GOODMAN, ROCK, YOUNGBLOOD, GINGRICH,
KULA, GILLEN AND HESS, JULY 10, 2013

INTRODUCED AS NONCONTROVERSIAL RESOLUTION UNDER RULE 35,
JULY 10, 2013

A RESOLUTION

1 Designating July 14, 2013, as "Involuntary Breath Holding
2 Awareness Day" in Pennsylvania in order to raise awareness of
3 this childhood condition.

4 WHEREAS, Breath holding spells, also known as Expiratory
5 Apnea, are a benign, involuntary and reflexive action seen in
6 approximately 5% of children; and

7 WHEREAS, Breath holding spells involve an event in the
8 environment that distresses the child and are a response to
9 fear, stress, pain or anger in which the nervous system
10 temporarily slows the heart rate and breathing; and

11 WHEREAS, Breath holding spells can be mild, however, severe
12 breath holding spells can result in a child losing consciousness
13 and having a seizure; and

14 WHEREAS, The symptoms of involuntary breath holding spells
15 include the child being pale or even turning blue, crying and
16 then not breathing, fainting or loss of consciousness and jerky
17 movements similar to a seizure; and

1 WHEREAS, The age of onset of these spells is generally
2 between 3 and 18 months of age and the condition is rarely seen
3 in children older than 8 years of age; and

4 WHEREAS, The majority of research on the causes of breath
5 holding spells focuses on a child's physiological response to
6 environmental events; and

7 WHEREAS, Involuntary breath holding requires no treatment
8 unless there is an underlying medical cause for the spells; and

9 WHEREAS, There is a need to educate the public about this
10 little-known condition in order to eliminate the confusion that
11 such episodes are the result of a temper tantrum, willful
12 defiance or can be controlled by the child; therefore be it

13 RESOLVED, That the House of Representatives designate July
14 14, 2013, as "Involuntary Breath Holding Awareness Day" in
15 Pennsylvania in order to raise awareness of this childhood
16 condition.