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City of South Gate

Item No. 2

FEB 20 2019

CITY COUNCIL

CITY OF SOUTH GATE  
OFFICE OF THE CITY MANAGER

AGENDA BILL

9:50am

For the Regular Meeting of: February 26, 2019  
Originating Department: Administration

City Manager:   
Michael Flad

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Michael Flad

**SUBJECT: PROCLAMATION DECLARING MARCH 6<sup>TH</sup> AS WORLD LYMPHEDEMA DAY**

**PURPOSE:** Mayor María Belén Bernal added this item to the Agenda to declare March 6<sup>th</sup> as World Lymphedema Day to raise public awareness of the disease.

**RECOMMENDED ACTION:** Mayor María Belén Bernal will issue a Proclamation declaring March 6, 2019, as World Lymphedema Day to encourage citizens to be aware of the disease and support those living with Lymphedema.

**FISCAL IMPACT:** None.

**ANALYSIS:** None.

**BACKGROUND:** In 2016, the Senate designated March 6<sup>th</sup> as World Lymphedema Day to raise public awareness of the disease. Lymphedema is caused by genetics, a result of cancer treatments and physical trauma. Swelling of the arms and legs is most common, but swelling can result in any part of the limb, and it is caused by too much lymph fluid. Although there is no cure for Lymphedema, it is recommended to drink plenty of water, exercise regularly, eat healthy, and seek compression treatments and physical therapy to help reduce swelling and discomfort.

The City Council encourages citizens to be aware of this disease and to support those living with Lymphedema.

**ATTACHMENT:** Proclamation

# City of South Gate



From the Honorable  
**Mayor**

## PROCLAMATION

*Declaring*

**March 6, 2019, as World Lymphedema Day**

- WHEREAS,** in 2016, the United States Senate declared World Lymphedema Day on March 6<sup>th</sup> and since then, has been recognized worldwide; and
- WHEREAS,** the main symptoms of Lymphedema is swelling of part or all of the arm or leg, including fingers and toes; restricted range of motion; discomfort and pain; and hardening and thickening of the skin; and
- WHEREAS,** Lymphedema is a disease that affects up to 10 million Americans and 250 million people worldwide by genetics or as a result of cancer treatment or physical trauma; and
- WHEREAS,** up to 30% of women who survive breast cancer will get this debilitating disease that results in the accumulation of lymph fluid in the limbs when the lymphatic system is damaged, and survivors of prostate and ovarian cancers are susceptible; and
- WHEREAS,** Veterans suffer from Lymphedema as a result of battle injury or trauma from surgery, and in some cases, children can be born with this disease; and
- WHEREAS,** although there is no cure for Lymphedema, it is recommended to drink plenty of water; exercise regularly; eat healthy; and seek compression treatments and physical therapy to help reduce the swelling and discomfort; and

**NOW, THEREFORE,** be it proclaimed on this 26<sup>th</sup> day of February 2019, that I, **María Belén Bernal, Mayor of the City of South Gate**, on behalf of the City Council, do hereby declare March 6, 2019, as World Lymphedema Day and encourage citizens to be aware of this disease and to support those living with Lymphedema.

  
Mayor María Belén Bernal