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World Lymphedema Day 2021

World Lymphedema Day is an annual advocate-driven celebration held on March 6 each year. It was established in 2016 by the United States Senate, since then it has developed into a global movement. The year 2021 marks the 6th year of World Lymphedema Day. The goal of World Lymphedema Day is to make cures for lymphedema and lymphatic diseases a global priority. It is estimated one million Canadians live with the condition, of those more than 380,000 live in Ontario.\*

Lymphedema is a chronic swelling of a body part caused by an accumulation of lymph fluid. It can result from cancer treatment, surgery, trauma or a genetic deficiency that has affected one’s lymph nodes. Though not curable it can be managed with effective intervention including self-care. If left uncontrolled it can become a debilitating condition.

The Lymphedema Association of Ontario is an advocacy organization committed to improving the lives of people living with lymphedema since it began in 1996. We have always kept the needs of people living with lymphedema front and centre. Awareness, for patients, caregivers and health-care providers, is key to combating this challenging condition. Our work continues to be made possible by our volunteers, donors and members. The Association has numerous initiatives for World Lymphedema Day including Ontario cities declaring World Lymphedema Day. We will ask again this year for World Lymphedema Day to be declared in communities across Ontario as it was last year in Toronto, Markham, Pickering, Barrie and Peterborough. This year on March 6 the CN Tower will light up with our signature teal blue colour and across the province members will connect and reach out to their communities to build awareness and understanding of lymphedema. For more information contact the Lymphedema Association of Ontario, at 1-877-723-0033 or visit us at lymphontario.ca

\*USA up to 10 million LE (Stanford) extrapolated to Canda = 1million, Canadian Lymphedema Framework 2018, extrapolated to 388,920 based on National Census Data 2016

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