

Join us in supporting World Lymphedema Day 2023



The **LE&RN** New York State Chapter lights up Niagara Falls in teal for World Lymphedema Day

Photo: Patrick McPartland

What to Know

March 6 is World Lymphedema Day™, an annual celebratory event to educate the world about lymphatic diseases. We look forward to you joining advocates from around the world in planning a live or virtual event. Your event can be simple or elaborate. The important thing is you using your voice to express the change you want to see in the world—a world where lymphatic diseases are a global priority. [Click here](#) for ideas on how you can get involved. Once you know your planned activity for World Lymphedema Day, please post it on the map, which shows the world how we are all connected in this common goal on March 6, 2022! [See the map here](#).

About World Lymphedema Day

WLD is an annual advocate-driven celebration, which was established in 2016 by the United States Senate in response to a bill written by the Lymphatic Education & Research Network (LE&RN). The year 2023 marks the eighth year of World Lymphedema Day. Although the day is called World Lymphedema Day, it's about educating the world on all lymphatic diseases, including primary and secondary lymphedema (LE), lipedema (LI), lymphatic filariasis (LF), lymphatic anomalies, and the full lymphatic continuum (LC) of diseases impacted by the lymphatic system.

FACT:
WHO estimates that over 250 million people worldwide have LE.

FACT:
NIH estimates that primary LE could affect as many as 1 in 300 live births.

FACT:
Lymphedema (LE) affects an estimated 15% of all cancer survivors and up to 30% of all those treated for breast cancer.

FACT:
WHO estimates that over 120 million are infected with lymphatic filariasis (LF), leaving 40 million disfigured and incapacitated.

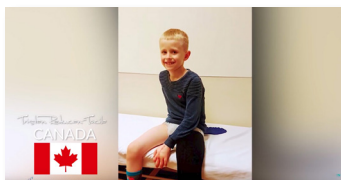
**We must make finding a cure
a global priority.**

**Miracles await if we dedicate
ourselves to finding them.**



World Lymphedema Day®
March 6

See other side ►



Ways to Participate in World Lymphedema Day 2023

World Lymphedema Day is open to everyone. Individuals, patients, patient organizations, health professionals, researchers, drug developers, public health authorities—the more people involved the better! The list below may give you some ideas of how to get involved, but, ultimately, you can do anything you like, big or small.

Please post your event [here](#), and find World Lymphedema Day flyers, logos, and printables [here](#).

1. Educate Your Community

There are many ways to educate those around you about lymphatic diseases. Some ideas include setting up a booth at your place of work to discuss lymphatic diseases, talking to your friends about lymphatic diseases, or asking your doctor if you can put flyers in their waiting room. Find downloadable resources [here](#).

2. Hold a Fundraiser

Have a bake sale and let people know what you are raising money for and why it's important. You could also hold an online fundraiser on Facebook, ask for donations instead of birthday gifts, collect and redeem recyclables, hold an auction, or donate proceeds of a yard sale.

3. Share Your Story

Help us tell your story to those with the power to create the changes we seek. In 200 words or fewer, upload your story, which we will share with World Health Organization (WHO), the United States Congress, the American Medical Association (AMA), the Centers of Disease Control and Prevention (CDC), National Institutes of Health (NIH) and other institutions key to our success. Go [here](#). To read stories from others, go [here](#).

4. Submit a World Lymphedema Day resolution to your local or state government

Click [here](#) for resolution templates that you can submit to your state or local government. Many activists have successfully had World Lymphedema Day recognized by their hometowns, cities, states, and other government entities and you can too! If you plan to do this, let us know by emailing us at wld@lymphaticnetwork.org

5. Ask for landmarks to be lit teal for World Lymphedema Day

Download a sample template [here](#). Please let us know if you plan to do this in your city by writing us at wld@lymphaticnetwork.org

6. JOIN OR BECOME A MEMBER OF LE&RN

Help us fight lymphatic diseases. We can only do this with your support. Join [here](#).

World Lymphedema Day is sponsored by:

