



Proclamation

Office of the Mayor, City of Mukilteo

CERVICAL DISK DAY December 6, 2021

WHEREAS, our cervical spine is made up of the 7 bones, called cervical vertebrae, stacked on top of each other forming the neck area. The cervical disks are the cushions that lie between the cervical vertebrae. They act as shock absorbers to allow your neck to move freely; and

WHEREAS, our cervical spine also forms a protective tunnel for the upper part of your spinal cord to pass through. This part of your spinal cord contains the spinal nerves that supply your upper body with sensation and movement; and

WHEREAS, a cervical herniated disc is caused by excessive stress being placed on the disc, whether due to heavy lifting or other damaging motions. Pain and other symptoms can develop when the damaged disc pushes into the spinal canal or nerve roots., part of your vertebrae or your cervical disk can press on your spinal cord or spinal nerves, causing you pain, numbness, or weakness; and

WHEREAS, Surgery for cervical disc disease typically involves removing the disc that is pinching the nerve or pressing on the spinal cord. This surgery is called a discectomy.

NOW, THEREFORE BE IT RESOLVED THAT I, Jennifer Gregerson Mayor of the City of Mukilteo, hereby call upon Mukilteo residents to observe Monday, December 6, 2021, as Cervical Disk Day, to bring awareness to this devastating condition.

Signed this 29th day of November, 2021

Jennifer Gregerson
Mayor

