

**In Recognition of
Involuntary Breath Holding Awareness Day
July 14, 2015**

- WHEREAS,** involuntary breath holding spells, also known as expiratory apnea, are benign, involuntary, and reflexive actions seen in approximately 5 percent of children; and
- WHEREAS,** involuntary breath holding spells involve an event in the environment that distresses the child and are a response to fear, stress, pain, or anger in which the nervous system temporarily slows the heart rate and breathing; and
- WHEREAS,** involuntary breath holding spells can be mild, but severe spells can result in a child losing consciousness and having a seizure; and
- WHEREAS,** the symptoms of involuntary breath holding spells include the child being pale or turning blue, crying and then not breathing, fainting or losing consciousness, and making jerky movements characteristic of a seizure; and
- WHEREAS,** the onset age of these spells is generally between 3 and 18 months of age with the condition rarely seen in children older than 8 years of age; and
- WHEREAS,** involuntary breath holding does not require treatment unless there is an underlying medical cause for the spells; and
- WHEREAS,** there is a need to educate the public about this little-known condition in order to eliminate the confusion that such episodes are the result of a temper tantrum or willful defiance or can be controlled by the child.

NOW THEREFORE, WE, as City Commissioners of the City of Fort Lauderdale, Florida, do hereby proclaim **July 14, 2015** as:

Involuntary Breath Holding Awareness Day

in the City of Fort Lauderdale and encourage our neighbors to work together to promote and improve the understanding of Involuntary Breath Holding.

DATED this, the 16th day of June 2015.

Mayor John P. "Jack" Seiler

