

MCS-AWARE.org

We Can Help!

- MCS Magazine
- Support Group
- Discounts

***Join us and
FEEL BETTER:***

You can **save money**

with discounts on supplements, holidays, low- allergy and organic products, and we'll send you the MCS **Magazine** quarterly. It's full of new ideas and tips to help you feel better as well as delicious low- allergy recipes. We'll give you leaflets to help **explain the illness to friends and family**, and helpsheets to **improve your health**.

You can also choose to join our **free Penpal Community** to get in touch with others and share tips.

***Subscription available by email
or post on chlorine free paper***

www.MCS-AWARE.org

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How Can I Accommodate Someone with MCS?

1. Avoid fragranced products such as fabric softener, hairspray, after-shave, sunscreen and perfume. Use unscented products.
2. Avoid the use of pesticides, cleaning chemicals, and paint around the person and provide adequate notice if these products are used.
3. Don't attempt to enter the individual's house or vehicle without prior arrangement.
4. Provide adequate fresh air and locate the person near a window that can be opened. Where necessary turn off mobile phones and Wi-Fi.

*More information is available in the leaflet
'Visiting Someone with Severe MCS'*

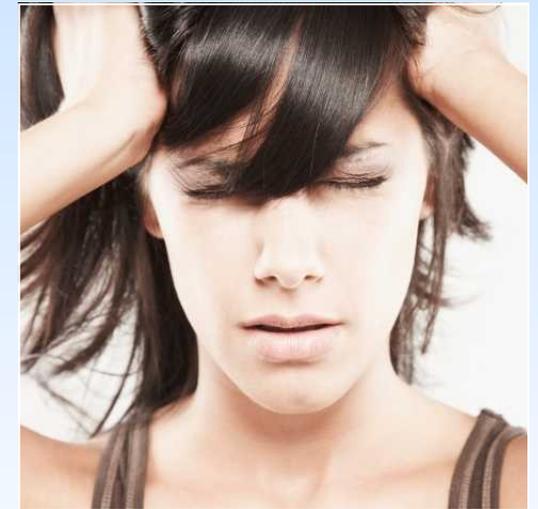


How Can I help Someone Who is Having a Reaction?

- Do not approach if you are wearing fragranced products or have been near smoke.
- Remove the person to fresh air and/ or assist the person in putting on a respirator.
- LISTEN to what the person is saying. Temporary cognitive impairment may be frustrating for you both but the individual will know what is triggering them and what needs to be done, so listening and following through is extremely important.



Washing Powder
Perfume
Cleaning Products
Foods
Mobile Phones
Pesticides



Do these make you ill?
We're here to help

MCS-AWARE.org

The Charity for Environmental Illness



What is MCS?

Multiple Chemical Sensitivity (MCS) is a physical illness that causes sufferers to have allergic-type reactions to very low levels of chemicals in everyday products. Put simply the immune and detoxification systems stop working properly and the body cannot process toxins (xenobiotics) efficiently.

Besides reacting to things like shampoo, cleaning products, perfumes and pesticides, many sufferers are also sensitive to food, medicines, moulds and electromagnetic fields.

Who gets MCS?

MCS can affect anyone of any age. Many people develop it after a particular exposure to toxins, pesticides or VOCs - Volatile Organic Compounds - (sometimes from a newly decorated home or office). Others develop sensitivities after a period of ill health, with symptoms getting worse over several years.



Symptoms

Exposure to very low levels of toxins and fragrances can lead to a wide range of symptoms including respiratory problems, headaches, pain, exhaustion, nausea, confusion, or collapse. Reactions can occur immediately or several hours later depending on which body systems are involved.

Left untreated sufferers can become bedbound unable to tolerate any of their possessions, medicines, foods, light, noise and electrical fields.



Treatment

Treatment involves avoidance of as many toxins as is practical to allow the body time to heal and prevent irreversible damage. Nutritional therapy and gentle detoxification can help repair the body's systems, and some people find specialist desensitisation and complementary therapies beneficial. Early treatment and an individual approach are vital for any chance of recovery.

Recognition

MCS is classified as a physical illness by the World Health Organisation (WHO) under the International Classification of Diseases ICD-10-SGB-V, T78.4.

MCS is recognised as a serious medical illness in Germany, Denmark, Austria, Luxembourg, Japan, Australia, Canada and the USA, where sufferers have access to appropriate medical treatment, housing and social support. In the UK multiple sensitivities are listed as a symptom of ME, but MCS is not yet recognised as an illness in its own right. Medical support varies widely and there are no specialist NHS treatment facilities. Sufferers and their families are often left to cope as best they can without help. MCS-Aware provides information and support to anyone affected by environmental illness.



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