



MCS-AWARE.org
You're not alone

Our **magazine** is full of ideas and tips to help you feel better as well as delicious low allergy recipes. We offer a free **e-newsletter**, and **forum** plus **tips** on Facebook, and Twitter. For those with multiple sensitivities, our **membership subscription service** offers leaflets and helpsheets for treatment and coping strategies, plus discounts on supplements and MCS-friendly products. We have a Penpal service and you'll get 3 copies of the **MCS Magazine** per year. Join, share stories and get answers. See the website for more details or request an information pack. All subscriptions are available by email, or post on chlorine-free paper. Cheques should be payable to 'MCS-Aware'. MCS-Aware, 8A Intech House, Wilbury way, Hitchin, Herts, SG4 0TW (UK)



- **E-Newsletter & Forum - FREE**
- **Membership Subscription - £24**

©2021 Email: info@MCS-Aware.org This document may be reproduced for non-profit purposes as long as it remains unchanged and clearly credited to MCS-AWARE.org. This document is for information purposes only. If you are ill, see a qualified medical practitioner before changing your lifestyle or diet. MCS-Aware is a charitable company limited by guarantee registered in England and Wales no. 07772408, registered charity no. 1152139.



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 products, air fresheners and paint or solvents around the person and provide adequate notice if these 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 or switch to flight mode.
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
Registered Charity: 1152139



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

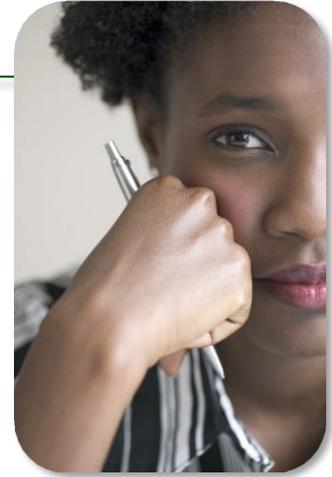
Treatment involves avoidance of as many toxins as is practical to allow the body time to heal and prevent irreversible damage. Nutritional therapy and gentle detoxification can help repair the body's systems, and some people find specialist desensitisation and complementary therapies beneficial. Early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

Recognition

MCS is not yet classified as a physical illness by the World Health Organisation (WHO). We are hoping that this will change in the future.

MCS is recognised in Germany, Denmark, Spain, Austria, Switzerland, Japan and several other countries, where sufferers sometimes 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.



 **MCS-AWARE.org**
The Charity for Environmental Illness

