

## Awareness and Recognition

# Real Life Examples

There are many real life examples of ordinary people doing extraordinary things for MCS Awareness, not only during May, but all year long. Many charities are also stepping forward in the cause.

### Real Life Walk-a-Thon from 2009

Patient Alliance for Neuroendocrine-immune Disorders (P.A.N.D.O.R.A.) is a charitable organization for research and advocacy for people diagnosed with chronic fatigue syndrome (CFS), fibromyalgia (FM), Gulf War illnesses, multiple chemical sensitivity (MCS), environmental illnesses (EI), and chronic Lyme disease.

P.A.N.D.O.R.A., founded by a woman with CFS, announced their "Walk In My Shoes" Walkathon to be held Saturday, May 23, 2009 at 7:30 AM at CB Smith Park, located at 900 N. Flamingo Road, Pembroke Pines, FL 33028.

According to their webpage, "Participation supports research that can lead to scientific breakthroughs, physician training, scholarships for the chronically ill, quality of life outreach programs, and advocacy initiatives."

For more information, to participate, or to donate, visit:

<http://tinyurl.com/cc56qx>

Check -in: 7:30 to 8:30 am

Walk begins: 9:00 am sharp

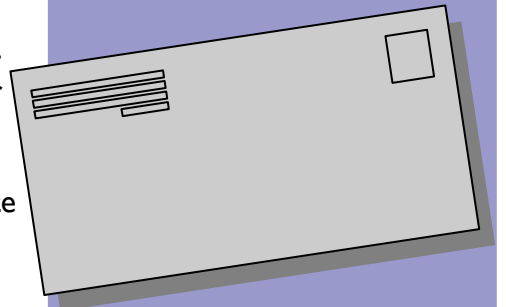


### WebMD Updated MCS Description

Eric White, an individual, wrote a letter in 2009 to WebMD regarding their outdated and negative description of MCS found on their website.

Eric's letter led to his working with someone at WebMD to update and improve the MCS description.

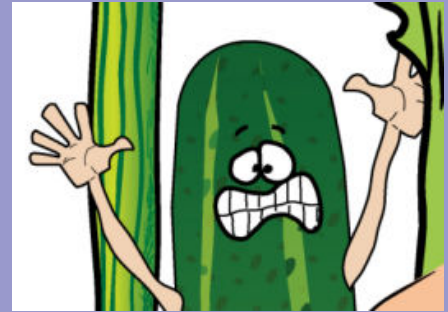
The description now has a much more positive tone now and recognizes some of the physical findings in MCS.



### Awareness Materials

Zona uses her creative artistic talents to create posters, door-knob hangers, and other fun materials for everyone to use to promote MCS Awareness. Some of her talents are pictured on this page.

To download and print her materials for use, see:  
<http://members.shaw.ca/zonazone/shop/posters.html>



### Are You A Closet Huffer?

Exposure to chemicals found in all kinds of common products can cause damage to humans even when you're not improperly 'using'. For people with MCS they can be deadly. Please don't be a huffer!

LMI King (c) '08

### MCS AWARENESS MONTH

CHEMICALS CAN MAKE YOU PERMANENTLY SICK!

LMI King (c) '08

### BEWARE OF OCCUPANT!

### Scent-free Zone

(Chemical sensitive occupant known to bite stinky people !)

I'M NO STINKER! MY LOVED ONE HAS MULTIPLE CHEMICAL SENSITIVITY.

CHEMICALS IN PERFUMES AND COMMON PRODUCTS CAN DAMAGE YOUR BODY.

DON'T YOU BE A STINKER EITHER!

\*2011\* (c) '09

**What are you doing  
to promote  
MCS Awareness Month?**