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MCS Medical Care, Home Health Preparedness, & E-Kits

The recent medical crisis experienced by Sal, Director of MCS America, reminded me of how vulnerable all of us are in the MCS community when it comes to medical treatment. A mild infection can easily transform into a serious medical crisis for anyone of us. Factor in the limits placed on our lives such as fixed income, isolation from friends and family, rural locations, compromised immune systems, chronic fatigue, and no access to safe medical care and you may have a recipe for disaster when a medical problem manifests quickly. So let's look at the challenges we face in accessing quality medical care when we suddenly become ill:

No cash flow for purchasing spur of the moment remedies or over the counter drugs.

Rapid onset of illness allowing no time to spare for the delivery of specialized medical items through the mail.

Inadequate health insurance which may limit us to hospital emergency rooms, an MCS nightmare in most cases.

No personal care physician who we can get an appointment with promptly, or who would prescribe over the phone in a crisis.

No available medical advocate and/or limited local support to intervene for us during a medical crisis.

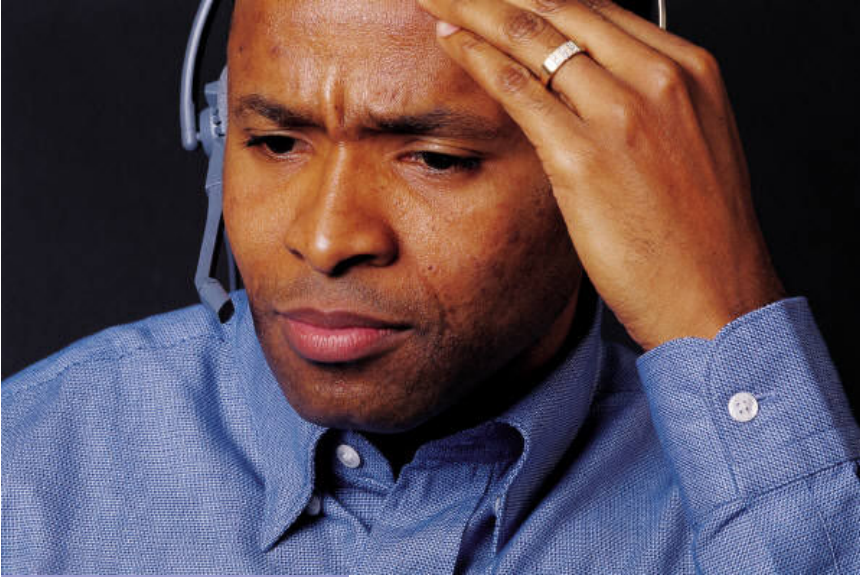
Mental and physical exhaustion brought on by bureaucracy, exposures, and sudden illness we often retreat and give up on inept medical care systems that don't fit our needs.

Homeless MCS individuals have the added burden of not having a physical address which is now required to fill a prescription.

The lesson for all of us is to be prepared for sudden medical problems and exposures. With careful planning some of these challenges can be met early on and may prevent a medical crisis from developing until we can see a physician or find a medical clinic that will work with us. Depending on where you live and what your resources are, this may take hours, days, or even weeks to accomplish.

With this in mind, a good MCS home health kit, designed for your specific MCS needs is key in preventing a medical crisis. If you





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tolerate and use prescriptions talk to your doctor during a routine visit and discuss having crisis intervention medications on hand in a home medical kit. Antibiotics, pain medications compounded without dyes, oxygen, a nebulizer, and a rescue inhaler are some possibilities.

Another challenge for many of us is that we don't tolerate x-rays, MRI's, CAT scans, or pharmaceuticals, so alternative medical options become our entire lifeline. Every single MCS person that I know survives day-to-day utilizing some form of alternative medicine. From acupuncture to Zen meditation you will find one of us who can't live without it.

So, stock up on the remedies that you know work for you when you have extra cash. Experiment ahead of time with alternate remedies that you may not be familiar with, but you could benefit from when faced with a medical problem. Grapefruit seed extract, colloidal silver, and tea tree oil are all examples of common anti-bacterials that are widely used and available on the Internet and in health food stores, but they won't be safe for every-

one. Learn what you tolerate and how to use it before hand, so when you are in crisis you have choices in your home kit that you trust to be safe and effective. Be sure to include both external and internal remedy options in your home health kit.

Be as prepared for a chemical exposure as you are for a medical crisis. Put together an E-Kit, Exposure Kit, for your home, car, and travel. Keep it handy and simple. Vitamin C/ Emergen-C, Alka Seltzer Gold, a pain reliever like Salonpas patches, homeopathic's such as Oscilliococcinum by Boiron, Bach's rescue remedy for stress relief, and a rescue inhaler are a few choices that may work for you. You are only limited by your health needs and imagination in what could be in your personal E-Kit. Be sure to update your kit every so often as remedies pass the expiration date.

To increase awareness and knowledge in the MCS community on this topic MCSA would love to hear from you. Email us at, ekits@mcs-america.org and let us know what you use in your MCS Home Health Kit and E-Kit. We will take your suggestions and compile them in a database to be published on the MCSA website in the near future.

Remember, preparedness is your key to avoiding a medical crisis.

Lucinda Hodges

Disclaimer: *This article is discussing non life threatening medical problems and is not intended as medical advice. If you have a medical emergency call 911, be sure responders are aware of all your allergies and MCS needs. Neither the author nor MCS America will be responsible for misuse of this information.*