

I'm excited to announce that October 20<sup>th</sup> is International Mastocytosis and Mast Cell Diseases Awareness Day!

I personally battle Mast Cell Activation Syndrome (MCAS), which is a Mast Cell Disease. This disease can be ruthless and has impacted my life significantly. I am hoping that by spreading awareness, others who also battle type this disease can come together to find a cure. There is strength in numbers and strength in awareness!

For more information, please visit the [Mastocytosis Society Canada \(MSC\) website](#). If you'd like to help us raise awareness, please consider donating to our [Facebook Fundraiser](#) or visit the [MSC website](#) for other ways to donate.

Thank you very much for your support!