

Slide 1 has a dark blue border with a light blue square background. The title is in black, bold, font, in the middle of the page, reads "Mast cell activation syndrome awareness day." Above the title is the Luna logo.

Slide 2 has the same background. The luna logo is on the bottom right corner. On the middle top is the title in black, bold font, which reads, "What are "mast cells"? Below this the main body text reads "Mast cells are a type of immune cell that help fight infections. When the body is having an allergic reaction, mast cells release chemicals such as histamine into the bloodstream. This has lots of roles, including making blood vessels 'leaky' which is why you get swelling. They are found in connective tissue, bone marrow and blood vessels."

Slide 3 has the same background with the luna logo on the bottom right corner. The layout is the same as slide 2. The title reads "What is Mast cell activation syndrome (MCAS)?"

The main body text reads "MCAS is part of the category of mast cell activation disorders. Individuals with MCAS have regular allergic reactions in which too many mast cell mediators are released, too frequently. This can also happen when the threat isn't harmful, but the cells are still releasing chemicals inappropriately."

Slide 4 has the same background with the luna logo in the same location. The layout is the same as the previous slides. The title reads "Triggers".

The main body text reads "What triggers mast cell reactions differs depending on the individuals lifestyle and environment. General triggers include:

- Smells
- Infections
- Chemicals (Laundry detergent, perfume, creams, drugs etc)
- Food and drinks
- Exercise
- Stress
- Temperature changes
- Sun"

Slide 5 has the same background, the luna logo is in the same location and the layout is the same. The title reads "Treatment."

The main body text reads "Treating MCAS can be difficult as reactions can be caused by anything at anytime. There is no cure for MCAS. It is more about controlling symptoms as much as possible so the effects aren't so severe. Treatment involves H1 and H2 antihistamines, mast cell mediators and leukotrienes. These are usually in the form of tablets but can be nasal sprays, throat sprays and ointments, depending on symptoms."

Slide 6 has the same background, the luna logo is in the same location and the layout is the same. The title reads "Types of mast cell disorders."

The main body text reads "Mast Cell Activation Syndrome is just a types of mast cell disorders. Other mast cell diseases include:

- Mastocytosis (Systematic or smoldering or cutaneous)
- Hereditary alpha tryptasemia."

Slide 7 has the same background, the luna logo is in the same location and the layout is the same. The title reads "My experience with mast cell activation syndrome."

The main body text reads "Since the age of 6 months, I've had eczema. This was genetic but became worse due to my environment. I've also had chronic, unexplained, infections since December 2013. Over the years, I was given ointments and steroids to help control the rashes, and handed antibiotics, one after the other, as well as being asked to make lifestyle changes, such as eliminating certain foods, using different soaps and detergent. After a while I started reacting to pretty much anything, quite randomly. I became allergic to things I was never allergic to."

Slide 8 has the same background, the luna logo is in the same location and the layout is the same. The title reads "My experience with mast cell activation syndrome cont..."

The main body text reads "Some of my symptoms include: hives, wheezing, vocal cord issues, sinus problems, skin swelling, gi and bladder problems and chronic infections.

I have tried many different types of antihistamines, leukotrienes and mast cell stabilisers, some of which I reacted to. I am now on 4 different types of H1 and H2 blockers, with less frequent reactions.

During my cystoscopy, it was discovered I had mast cells on my bladder wall alongside an embedded infection.

My MCAS is complicated by Eosinophilic asthma, Dysautonomia and HEDS."

Slide 9 has the same background, the luna logo is in the same location and the layout is the same. The title reads "About the author."

The main body text reads "Hi! I'm Mehar, 23, an Afghan Sikh from England. I am a recent BA education graduate and currently volunteer for LUNA alongside running my own blog and insta as a patient advocate, and am in the middle of my masters in medical law. I've had MCAS for nearly 9 years as well as HEDS, PoTS, IST, OI, Endometriosis, Eosinophilic asthma, CUTIs, chronic EBV and Fibromyalgia."