

Become an Advocate

International Mastocytosis & Mast Cell Diseases Awareness Day

List of Activities

- Arrange to have a building or bridge in your town lit up in purple on October 20 (TMS can provide a Press Release)
- A lemonade stand, car wash, bake sale, awareness walk, leaf-raking fundraiser,
- Wear purple/dotted nail color/clothing/hair/facepaint,
- Buy a purple-with-white-dots spool of ribbon, cut 8" pieces to make awareness pins to share with family and friends to wear,
- Become penpals or exchange cards with a patient/caretaker or support group in another country (TMS Secretary can facilitate this with the International Committee),
- Attend a TMS support group meeting,
- Contact/visit with your State Representative regarding rare disease needs that could be facilitated by govt offices (NORD or RDLA could suggest items to discuss),
- Request materials from TMS Secretary to drop off at physician offices,
- Arrange with nearby hospital to have a table offering display/printed materials,
- Ask your nail salon to offer a special fundraiser for doing purple/dotted nails or painting a purple ribbon on a nail ("Nail Mast Cell Disease"),
- Sell/raffle purple cupcakes/ TMS merchandise (keychains, etc) at your office,
- Set up "Guess the mast cells" game (purple pom poms) in a jar,
- Write about your patient/caretaker experiences to share on the TMS Awareness Day page,
- Create a children's story/song/poem/make coloring pages to share,
- Arrange for a restaurant/amusement/business donate a portion of their October 20 sales to TMS,
- Display/sell pumpkins decorated in purple,
- Window or Door Décor contest/photo,
- Hold a webinar/tutorial (or activity at a support group meeting) on How-To-Make a purple/dotted wreath or awareness ribbon shape for door,
- Put purple light bulbs in porch lights,
- Use the Official TMS Halloween Collection Box template to fundraise on Halloween night,
- Set up a Nasty Mastie Monster scarecrow

Share your story!

Sharing your own personal story is a simple yet powerful way to spread awareness and help others begin to understand your reality. Whether it be wearing a ribbon as a conversation starter, a letter to the editor, or a quick post on Facebook- every effort helps! Together we are stronger and together we can make a difference. Be featured on the International Committee's webpage where each country will post their awareness activities, inspirations and photos. Fill out the photo release found online and send your feature and photos to secretary@tmsforcure.org.

Find more ways to be involved at www.tmsforcure.org/community