

ANNUAL EVENTS

SUPERHERO SHOWDOWN RACE



5K run | 15K run | 1-mile walk

First Saturday in October

Norristown Farm Park

Register at superheroshowdownrace.org

Check social media for opportunities to save on registration during the time leading up to the event.



ADDITIONAL EVENTS

We are adding events often to the calendar!

View our upcoming events on our website and social media.



supertmastcell.org

Mast Cell Warrior Taylor Nearon created the first (and only) foundation for fellow MCAD patients, providing financial support helping to offset living and medical expenses.

Taylor believed every patient should have **access to information necessary** to be diagnosed, understand various treatment options, learn of possible conditions antagonized by a mast cell activation disease, possible comorbidities, and lastly, educational and supportive resources.

supertmastcell.org

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Super T's Mast Cell Foundation



SuperTsMCFoundation



STMCFoundation



Super Ts Mast Cell Foundation

Follow us to stay up-to-date on all our events and latest news!



**NOBODY
FIGHTS ALONE.**

**TOGETHER WE CAN
FIND A CURE.**

ABOUT US

OUR MISSION

The mission of Super T's Mast Cell Foundation is to increase awareness through resources, education and support for the mast cell disease community, while also providing financial assistance to patients.

OUR VISION

To improve the quality of life for patients impacted with any mast cell disease by creating access to educational and medical resources. In addition, providing financial support to patients helping to offset living and medical expenses.



**BECOME
A MONTHLY
CONTRIBUTOR
OR MAKE A
DONATION TODAY!**

supertmastcell.org

RECENT ACCOMPLISHMENTS

*Look where we started. Look how far we've come.
Look where we're going.*



Taylor receives Mast Cell Diagnosis and envisions a foundation to provide supportive information and financial assistance.

- ▶ Arielle Davis Grant
- ▶ Creation of Patient Involvement Committee & Social Media Team
- ▶ Introduction of Wisdom Wednesdays on Instagram. 2 times a month, live discussions regarding mast cell diseases and comorbidities, along with patient and influencer interviews.
- ▶ Raised over \$90,000 in 5+ years
- ▶ Launched updated website
- ▶ Attendee of the 2020 NIH Rare Disease Conference
- ▶ Greater community awareness and involvement
- ▶ Updated resources on our website available for patients and physicians
- ▶ Questions for Kathleen, our medical advisory council member with PRA Health Sciences. (Kathleen Mandzuik, MPH, RN, Vice President, Patient Strategy - Digital Health)

CURRENT FOCUS AND GOALS

- ▶ Current focus on Dr. Lawrence Afrin educating medical community on how to recognize, treat, and manage health care needs of patients presenting with a mast cell condition.

WHAT IS A MAST CELL? WHAT IS MAST CELL DISEASE?

Mast cells are a normal part of our immune system. They release chemicals such as histamine, prostaglandins, and more in a process called degranulation. MCAD is an umbrella term for all Mast Cell Diseases. In mast cell disease, one can either have too many mast cells (Mastocytosis) or have mast cells erupt at inappropriate times (MCAS). This can cause a multi-system inflammatory and allergic response that can present with an array of symptoms. The reactions can range from mild to life threatening. Triggers can vary and are often different from traditional allergens. Reactions can be ignited by skin-to-skin contact or may be airborne. Ingestion is not necessary to antagonize the mast cells.

EXAMPLES OF POSSIBLE TRIGGERS:

- | | |
|------------------------|--------------------|
| ▶ Exertion/Exercise | ▶ Physical Stress |
| ▶ Illnesses/Infections | ▶ Emotional Stress |
| ▶ Insect Bites/Stings | ▶ Medications |
| ▶ Friction | ▶ Foods |
| ▶ Dyes | ▶ Heat/Cold |
| ▶ The Unknown | ▶ Smells |
| ▶ Sunlight | ▶ Scents |



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