



THE NUTCRACKER SYNDROME ASSOCIATION

PRESS RELEASE

FOR IMMEDIATE RELEASE

NCSA Establishes December 18th as Nutcracker Syndrome Awareness Day and Launches Major 2026 Campaign

The first Nutcracker Syndrome Awareness Day will unite patients, families, advocates, healthcare professionals, and ballet organizations through months of coordinated activities.

For the first time, the Nutcracker Syndrome (NCS) community has a day dedicated specifically to being seen, heard, and understood. The Nutcracker Syndrome Association (NCSA), together with its 2026 Leadership Committee, has established December 18th as Nutcracker Syndrome Awareness Day and is launching its largest coordinated awareness campaign to date. Activities will begin in September and continue through the end of the year.

A full Season of Ways to Participate

- **Shine Your Light:** A worldwide candle-lighting moment beginning at midnight as December 18th begins in each participant's local time zone.
- **Nutcracker Ballet Campaign:** Partnerships with ballet companies to include ready-to-use NCS information and QR codes in holiday performance programs.
- **Creative Arts & Storytelling:** Patient experiences shared through a Creative Arts Competition and the Faces of NCS feature series.
- **12 Days of NCS:** A digital education campaign leading directly into December 18th.

Why December 18th?

December 18th holds special significance because it marks the anniversary of the first public performance of *The Nutcracker* ballet in 1892. NCSA is embracing this meaningful connection to help link a name recognized around the world with a rare condition that remains unfamiliar to many.

"For a community that has spent so much time fighting to be recognized, December 18th is more than a date," said Deatra Bear, Founder/Vice President. "It is an opportunity to come together, make our voices heard, share our stories, and show the world the strength and resilience of the Nutcracker Syndrome community."

The Campaign Begins Now

Beginning September 8th, NCSA will introduce individual campaign projects, downloadable resources, participation opportunities, and outreach toolkits at nutcrackersyndrome.org.

Patients, families, healthcare professionals, advocacy organizations, ballet companies, and community partners are encouraged to participate and help bring greater visibility to Nutcracker Syndrome.

About Nutcracker Syndrome and NCSA

Nutcracker Syndrome is a vascular condition involving compression of the left renal vein. It can cause significant, life-altering symptoms and is often difficult to recognize and diagnose.

The Nutcracker Syndrome Association is a community-led organization dedicated to advancing awareness, education, advocacy, and support for people affected by Nutcracker Syndrome.

To learn more, participate in the campaign, or become a community partner, visit nutcrackersyndrome.org.



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