

### **Some tell-tale signs & symptoms of Mast Cell Activation Disorders (Mastocytosis or MCAS)**

Mastocytosis: have increased numbers of mast (allergy) cells, which may also be over-active

MCAS: Mast Cell Activation Syndrome, diagnosed in absence of increased number of mast cells

Easy flushing (turn red easily from heat, stress, foods, more) from mid-chest up, inc. face & neck

Dermatographia (ability to "write" on skin with light scratch that turns red in a minute, try back side)

Anaphylaxis to wasp/bee stings and contrast dyes in hospitals (or severe sensitivity to same)

Reactions to some local and general anesthetics (may include abdominal pain, diarrhea, vomiting, hives)

Food and drug allergies or sensitivities (may be neg on IgE test but you still react, often increasing)

Sensitivity or allergy to alcohol, esp red wine

Hives

Angioedema (swelling around lips or eyes, eyes swell shut, can migrate, may have blue or purple tinge)

Bone pain, bone loss, osteoporosis, osteopenia, osteosclerosis

GI pain, bloating, cramping, gas, abdominal pain, gastroesophageal reflux

"IBS" with wet/dry mix (flips easily, depending on triggers)

Urticaria pigmentosa (reddish brown spots, like freckles or larger patches, not the same as hives)

Rashes (with or without itching)

Itching (pruritus) even in the absence of a rash

Brain fog and neuropsychiatric symptoms (irritability, impending sense of "doom", lightheadedness)

Headaches

Esophageal spasms

Wheezing, coughing, sudden congestion or sneezing, difficulty breathing

Nighttime waking from histamine shedding (circa 3 a.m.)

Sensory processing disorders

### **Resources for this and other related info:**

<http://www.tmsforacure.org>

<http://www.mastocytosis.ca>

<http://mastcellaware.com>

<http://iamast.com>

### **Additional support for MCAD can be found at:**

<http://www.prettyill.com>

<http://www.murraywoodfoundation.org>

### **Concise practical guide for diagnostic workup and therapeutic options for MCAD:**

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3069946/>

This information provided by the Oregon Ehlers-Danlos Syndrome Support Group <http://oreds.org> 2012