

Symptoms of MCAS

High levels of mast cell mediators in MCAS patients can cause a range of symptoms that can vary widely between individuals. These symptoms often affect several systems, fluctuate in severity, and come and go.

Nasal-ocular (nose and eyes)

- Nose congestion
- Eye watering and itching

Respiratory (lungs and breathing)

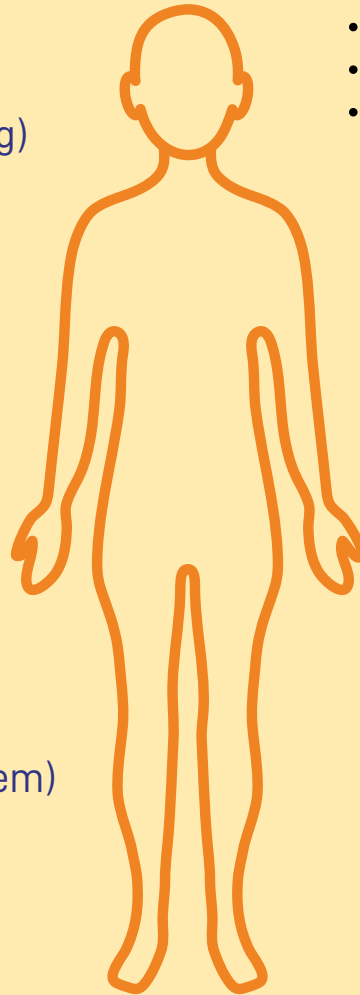
- Sore throat
- Hoarseness
- Wheezing
- Shortness of breath
- Throat swelling

Musculoskeletal

- Joint and muscle pain
- Osteoporosis (brittle bones)
- Loss of bone mass

Gastrointestinal (digestive system)

- Bloating
- Stomach cramps or pain
- Reflux
- Feeling or being sick
- Diarrhoea
- Constipation
- Dumping syndrome
- Food allergies or intolerance



Neurologic (brain and nerves)

- Headache
- Brain fog (memory and concentration problems)
- Numbness, pain, or tingling skin
- Anxiety
- Behavioural issues, rages

Cardiovascular

- Chest pain
- Low blood pressure
- Fast heart rate
- Fainting or light-headedness

Genital and urinary

- Genital pain or swelling
- Pain when urinating
- Vaginal pain, discharge or itching
- Bladder urgency or loss of control

Dermatologic (skin)

- Itching with or without a rash
- Flushing/redness
- Hives or wheals
- Swelling

General

- Extreme tiredness
- Anaphylaxis, which can be life threatening