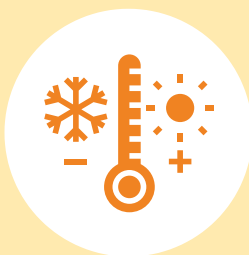


## Triggers for MCAS

While there are some common triggers, most people affected by MCAS struggle to identify all the triggers responsible for their episodes. And each individual has a unique set of triggers that cause their mast cells to overreact.

Temperature changes



Other 'typical' allergens



Exercise/exertion



Medications



Stress/anxiety



Fragrances



Specific foods/drinks

