

Name: _____

Date: _____

Symptoms log



Symptom type notes	Describe your main symptoms	How bothersome are these symptoms? (circle one, with 0 = least and 5 =most)
Skin symptoms <i>e.g. itching, hives, redness</i>		0 1 2 3 4 5
Breathing <i>e.g. wheezing, asthma, runny nose</i>		0 1 2 3 4 5
Digestive/gastrointestinal <i>e.g. nausea, vomiting, constipation, reflux</i>		0 1 2 3 4 5
Urinary <i>e.g. urgency, incontinence, pain</i>		0 1 2 3 4 5
Musculoskeletal <i>e.g. pain in joints or muscles</i>		0 1 2 3 4 5
Neurological <i>e.g. headache, numbness, tingling, anxiety</i>		0 1 2 3 4 5
Sleep disturbances <i>e.g. difficulty falling or staying asleep, waking unrefreshed</i>		0 1 2 3 4 5
Other		0 1 2 3 4 5

Suspected triggers
Foodstuffs:
Medicines:
Environmental*
<p>*Possible environmental triggers include mould, pesticides, fragrances, chemicals, weather, temperature, barometric pressure, pollen index, exercise or exertion, emotions, anxiety</p>

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Capturing the full picture of your symptoms. Circle any symptoms on the following diagram that you have experienced:

If possible, prepare a photo with the best example for each reaction. Have them ready for your doctor's appointment so you don't need to scroll through your phone.

Nasal-ocular (nose and eyes)

- Nose congestion
- Eye watering and itching

Respiratory (lungs & breathing)

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

Musculoskeletal

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

Genital and urinary

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

Dermographic (skin)

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

General

- Extreme tiredness
- Anaphylaxis, which can be life threatening

Neurologic (brain and nerves)

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

Cardiovascular

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

Gastrointestinal (digestive system)

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

Other observations:

For example when and where do specific symptoms happen? When did they start? How often do they happen?

Do you have a diagnosis of POTS or EDS?

If so, what are your overlapping symptoms?



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Current medications:

Previous investigations:

Other diagnosis:

References:

- Afrin LB, Molderings GJ. A concise, practical guide to diagnostic assessment for mast cell activation disease. World J Hematol 2014;3(1):1-17.*
- Petra AI, Panagiotidou S, Stewart JM, Conti P, Theoharides TC. Spectrum of mast cell activation disorders. Expert Rev Clin Immunol 2014;10(6):729-739.*
- Theoharides TC, Tsilioni I, Ren H. Recent advances in our understanding of mast cell activation - or should it be mast cell mediator disorders? Expert Rev Clin Immunol 2019;15(6):639-656.*