

## Symptoms of MCAS

MCAS symptoms are often unpleasant, debilitating and wide-ranging - affecting different parts of the body at the same time.

MCAS symptoms often come and go and their severity can fluctuate over time. In some cases, people may experience mild symptoms for a long time before seeing a sudden increase in the frequency or severity of their symptoms. Sometimes there is an incident which triggers this sudden increase in symptoms - such as a severe infection or a medical procedure or operation.

The extent of symptoms for people living with MCAS can be substantial. The potential severity of symptoms along with the unpredictability of triggers can mean that the everyday lives of people with MCAS, their families and carers are considerably impacted.

MCAS symptoms include:

### 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