

DID YOU KNOW....

WHAT IS MCAS?

Mast cells are part of your immune system - they help protect you from infections and heal injuries.

In Mast Cell Activation Syndrome (MCAS), these cells release chemicals too easily or too often, causing inflammation and symptoms in many parts of the body.



- **Skin: flushing, itching, hives**
- **Gut: nausea, diarrhoea, abdominal pain**
- **Heart and lungs: fast heart rate, low blood pressure, breathlessness**
- **Brain and nerves: brain fog, headaches, anxiety**
- **Whole body: fatigue, temperature sensitivity, allergic-type reactions**



Symptoms can vary from person to person and come and go.

Mast Cell Action is the UK charity supporting people affected by MCAS.

Find out more at: www.mastcellaction.org

