

# DID YOU KNOW....

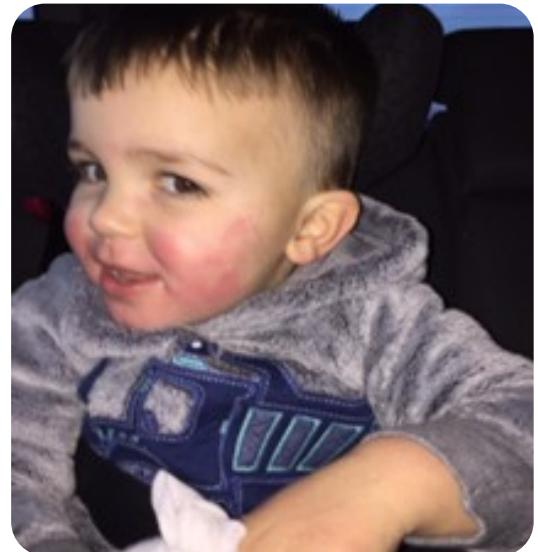
## What can trigger MCAS symptoms?

People with Mast Cell Activation Syndrome (MCAS) can react to a wide range of everyday triggers. These reactions happen because mast cells release chemicals too easily, affecting different parts of the body.

Triggers can vary greatly between individuals - what affects one person may not affect another.

Common triggers include:

- Food and drink
- Environment: Fragrances, cleaning products, smoke, pollen, mould, temperature changes
- Medications
- Physical or emotional stress: Pain, infection, exercise, fatigue, hormones, strong emotions



Every person's triggers are unique.

Identifying and avoiding personal triggers can help reduce symptoms.

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

Find out more at: [www.mastcellaction.org](http://www.mastcellaction.org)

