

# 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)

