

# 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](http://www.mastcellaction.org)**

**Make your legacy a lifeline for people with MCAS, leave a gift in your will to Mast Cell Action.**

