

# DID YOU KNOW....

## Managing MCAS

There's no single treatment for Mast Cell Activation Syndrome (MCAS), but many people find that a combination of approaches can help reduce symptoms and improve quality of life.

Working with your healthcare team to identify triggers and find the right management plan is key.

### Ways to help manage MCAS:

- **Medication:** Many people use combinations of antihistamines, mast cell stabilisers, or other medications prescribed by their doctor.
- **Diet and nutrition:** Keeping a food and symptom diary can help identify foods that trigger reactions.
- **Lifestyle and environment:** Reducing exposure to triggers, rest and pacing



Managing MCAS is about understanding your body, making small adjustments, and finding what works for you.

Mast Cell Action provides trusted information, practical resources, and peer support for people living with 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.

