



Wednesday, January 3, 2024

Symptoms and Findings in Mast Cell Activation Disease

Please complete the following questionnaire relating to your mast cell symptoms to the best of your ability. If you do not recognize a diagnosis or are unsure, you may leave the question blank.

Constitutional

Fatigue	<input type="text" value="Yes"/>
Malaise (a general lack of well-being)	<input type="text" value="Yes"/>
Asthenia (abnormal physical weakness or lack of energy)	<input type="text" value="Yes"/>
"Chronic Fatigue Syndrome"	<input type="text" value="Yes"/>
Always hot/heat intolerance	<input type="text" value="Yes"/>
Always cold/cold intolerance	<input type="text" value="Yes"/>
Facial swelling	<input type="text" value="Yes"/>
Increased or decreased appetite	<input type="text" value="Yes"/>
Early satiety	<input type="text" value="Yes"/>
Unusual weight gain	<input type="text" value="Yes"/>
Pruritus (excessive itching)	<input type="text" value="Yes"/>
Environmental sensitivities (perfume, gasoline, detergent, etc.)	<input type="text" value="Yes"/>

Dermatologic

Rashes/lesions on the skin	<input type="text" value="Yes"/>
Cherry angiomas (small red lines/red raised lesions)	<input type="text" value="Yes"/>
Dry mouth	<input type="text" value="Yes"/>

Folliculitis (red, irritated/swollen hair follicles)	Yes
Flushing	Yes
Stretch marks	Yes
Brittle nails	Yes
Poor healing	Yes
Sun sensitivity	Yes

Eyes and Ears

Dry eyes	Yes
Difficulty focusing the eyes	Yes
Tinnitus (ear ringing)	Yes

Oral/Oropharyngeal

Throat irritation/discomfort/pain	Yes
Post-nasal drip	Yes
Swollen lymph nodes	Yes

Pulmonary

Sinusitis	Yes
Cough	Yes
Shortness of breath	Yes
Wheezing	Yes

Cardiovascular

Lightheadedness/dizziness/vertigo	Yes
Hypertension	Yes

Hypotension ☐ Yes

Palpitations ☐ Yes

Gastrointestinal

Difficulty swallowing ☐ Yes

Gastrointestinal pain ☐ Yes

Nausea/vomiting ☐ Yes

Diarrhea and/or constipation ☐ Yes

Gastroesophageal reflux disease ☐ Yes

Genitourinary

Ureteritis, cystitis, urethritis, vaginitis ☐ Yes

Chronic low back/abdominal pain ☐ Yes

Infertility ☐ Yes

Decreased libido ☐ Yes

Musculoskeletal

Joint laxity/hypermobility ☐ Yes

Musculoskeletal pain ☐ Yes

Headache/migraine ☐ Yes

Presyncope and/or syncope ☐ Yes

Motor neuropathies including paresthesias (tingling, prickly sensation) ☐ Yes

Psychiatric

Mood disturbances ☐ Yes

Anxiety/panic disorders	Yes
Difficulty with memory/concentration	Yes

Endocrine/Metabolism

Abnormal liver function	Yes
Hypothyroidism	Yes
Dyslipidemia	Yes
Vitamin and/or other micronutrient deficiencies	Yes

Hematologic/Coagulopathic

Polycythemia or anemia	Yes
Easy bruising	Yes

Immunologic

Allergic reaction/delayed-type hypersensitivity	Yes
Autoimmune disease	Yes
Increased susceptibility to infection	Yes

Most of the signs and symptoms associated with MCAD listed above are chronic, low-grade; some are persistent, but many are either episodic or waxing/waning.

Modified from: 1. Afrin LB, Butterfield JH, Raithel M, Molderings GJ. Often seen, rarely recognized: mast cell activation disease—a guide to diagnosis and therapeutic options. Journal Article Research Support, Non-U.S. Gov't Review. Ann Med. 2016;48(3):190-201. Check additional references within the Afrin et al. paper.