Symptoms of Mast Cell Disease

Some common symptoms of mast cell disease that are caused by mast cell mediator release include:

**Neurological**
- Headache
- Brain fog
- Cognitive dysfunction
- Anxiety
- Depression

**Cutaneous (Skin)**
- Flushing of the face/neck/chest
- Hives, skin rashes
- Itching with or without rash

**Ear/Nose/Throat/Respiratory**
- Nasal itching and congestion
- Throat itching and swelling
- Wheezing
- Shortness of breath

**Gastrointestinal**
- Diarrhea
- Nausea
- Vomiting
- Abdominal pain
- Bloating
- Gastroesophageal reflux disease (GERD)

**Skeletal**
- Bone/muscle pain
- Osteopenia
- Osteoporosis

**Cardiovascular**
- Light-headedness
- Syncope (fainting)
- Rapid heart rate
- Chest pain
- Low blood pressure
- High blood pressure at the start of a reaction
- Blood pressure instability

**Gynecological**
- Uterine cramps
- Bleeding

**Urinary**
- Bladder irritability
- Frequent voiding

**Systemic and/or Organ Specific**
- Anaphylaxis
- Angioedema (swelling)

**Symptoms can be sudden and unpredictable in onset**

Patients may have a few or many symptoms.

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