MAST CELL DISEASE

COMMON TRIGGERS

These generalized triggers are common, but each patient has their own specific sensitivities.

not just a picnic in the park

Reactions are often disabling and dangerous.

Stress
Physical, emotional and environmental stress are all major triggers, as is fatigue. Unpredictable symptoms can make living with mast cell disease very challenging!

Medication
Get a headache? Careful! Certain medications can be triggering.

Specific Foods

Alcohol

HOT OR COLD Temperatures

Insect Stings & Bites

Odors

Exercise
Even modest exercise can be triggering for some.

And more!
Patients can react to a wide range of triggers!  