

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.**

Insect Stings & Bites



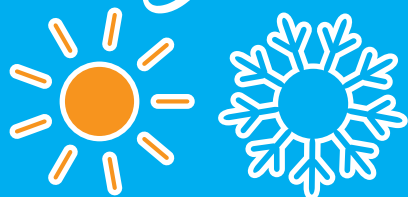
Medication
Get a headache? Careful! Certain medications can be triggering.

Specific Foods

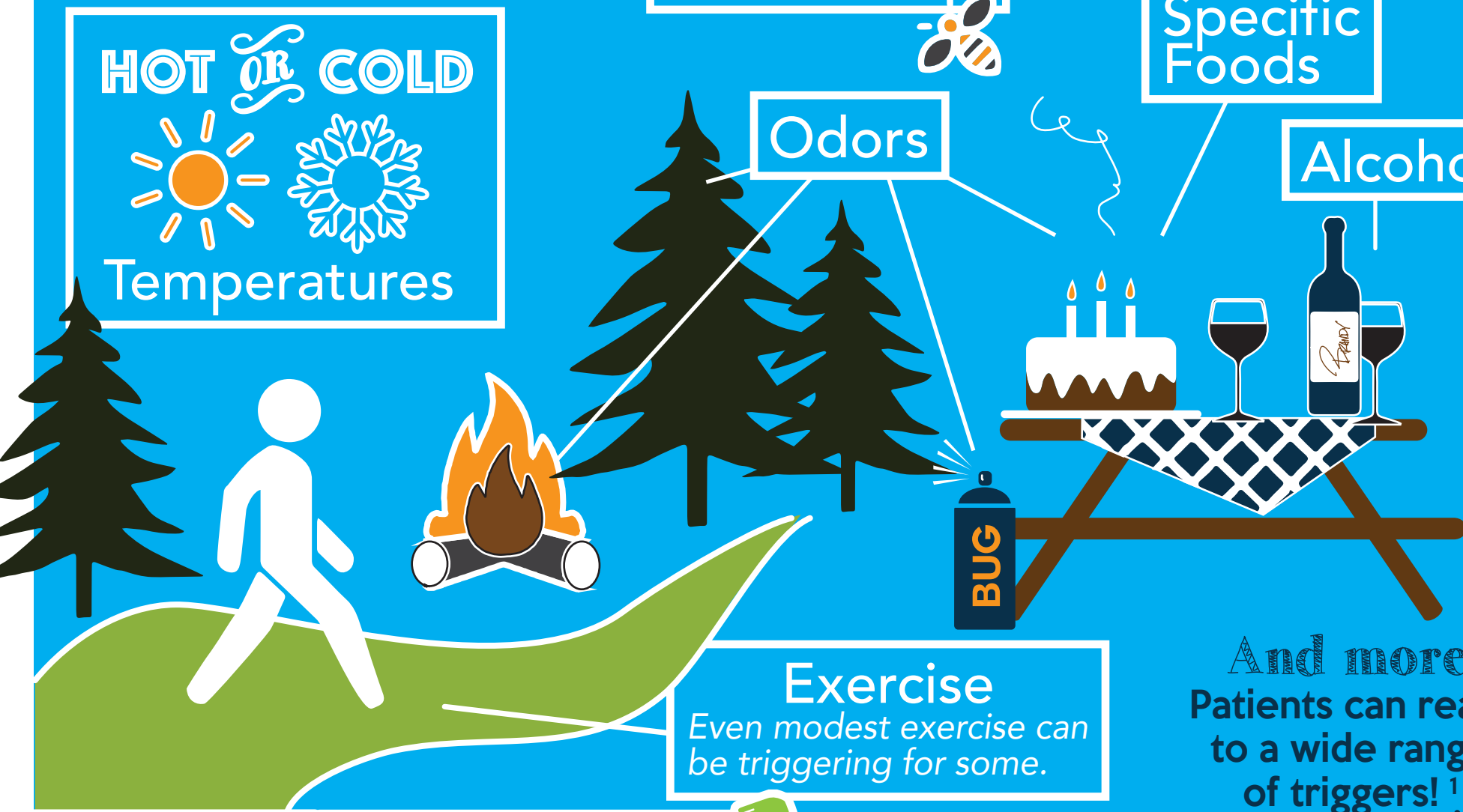
Alcohol

Odors

HOT OR COLD



Temperatures



Exercise
Even modest exercise can be triggering for some.

And more!
Patients can react to a wide range of triggers! ¹

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tmsforacure.org



¹ Jennings S, et al. J Allergy Clin Immunol Pract. 2014;2(1):70-6.