

# EMERGENCY ALERT MAST CELL DISEASE

I have a mast cell disease. During a reaction, mast cells release mediators can make me ill and **CAN BE LIFE THREATENING**. See symptoms on back!

If semi-conscious/near fainting: Lay me down. Call 911. Ask for Paramedics. Say I may be experiencing **anaphylaxis**. Look for my EpiPen/epinephrine autoinjector and have it ready for the paramedics. **Emergency Protocols on [www.tmsforcure.org/er](http://www.tmsforcure.org/er)**.

If conscious: I may be able to manage my symptoms. Do not leave me alone. I need immediate access to my medications, bottled water, restroom and exit.

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Physician Name and Phone: \_\_\_\_\_

EMERGENCY ALERT  MAST CELL DISEASE

# EMERGENCY INFORMATION

## MAST CELL DISEASES

### BASIC FACTS

- Anaphylaxis presentation may be atypical
- NOT contagious
- Unpredictable onset of symptoms
- No cure



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[www.tmsforacure.org](http://www.tmsforacure.org)

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### SYMPTOMS MAY INCLUDE:

- Anaphylaxis
- Skin rash/hives
- Flushing
- Itching
- Angioedema
- Nasal congestion
- Wheezing
- Shortness of breath
- Headache
- Brain fog
- Nausea/Diarrhea
- Rapid heart rate
- Blood pressure changes
- Syncope/fainting

### TRIGGERS MAY INCLUDE:

- Medications
- Chemicals
- Stress
- Foods
- Odors/Scents
- Heat/Cold
- Alcohol
- Friction/Vibration
- Infections
- Sun
- Exercise
- Venoms