

Understanding the Symptoms of Systemic Mastocytosis (SM)

People with SM may experience symptoms that affect various parts of the body. These symptoms may be unpredictable or even severe.

Whole Body (Systemic)



- Extreme, unexplained fatigue
- Weakness
- Weight loss
- Sweats
- Chills
- General feeling of ickiness (malaise)
- Severe, whole-body allergic reactions (anaphylaxis)

Brain (Neuropsychiatric)



- Brain fog
- Anxiety
- Depression
- Difficulty concentrating
- Memory loss
- Headaches
- Difficulty sleeping

Lungs & Airways (Respiratory)



- Nasal congestion
- Shortness of breath
- Wheezing
- Throat itching
- Swelling

Skin (Dermatological)



- Rashes that appear like red or brown “spots” (urticaria pigmentosa or cutaneous mastocytosis)
- Rashes that may become swollen or itchy
- Skin that wells up if it becomes scratched
- Redness in the face or chest that lasts more than a few minutes
- Hives

Heart & Blood Vessels



- Low blood pressure (hypotension)
- Heart “flutters” (palpitations)
- Rapid heart rate (tachycardia)
- Chest pain
- Dizziness or light-headedness
- Fainting from anaphylaxis

Gut (Gastrointestinal)



- Abdominal pain or cramping
- Recurring diarrhea
- Heartburn or acid reflux
- Nausea
- Vomiting

Muscles & Bones (Musculoskeletal)



- Bone pain
- Muscle pain
- Bone loss
- Weak and brittle bones that may break or fracture easily

What causes SM symptoms?

Certain aspects of everyday life may trigger SM symptoms. Triggers vary for each person. Here are a few common triggers:

Heat

Stress

Exercise

Alcohol

Spicy Foods

Insect Stings

These symptoms may affect daily activities, including the ability to work. Learning to recognize your triggers may help you avoid them when possible. Talk to your doctor to understand how symptoms of SM can be managed.

To learn more about SM, visit: www.MastoConnect.com