

Mast Cell Activation Questionnaire

Because mast cells are present in virtually every tissue in the body and release mediators which can have a range of effects on other cells, many different symptoms can be seen. There are often acute "spells" of more severe symptoms suffered at irregular intervals in addition to the "baseline" of chronic waxing/waning symptoms. Although it's certainly not the case that each MCAS patient will suffer all (or even a majority) of these symptoms, symptoms commonly seen across the population of MCAS patients include:

Quote from Tanya Dempsey, MD

Please fill out the following questionnaire to determine if you have any signs of MCAS. If you have had an exposure to mold at any time in your life or have a chronic health condition, then you may be experiencing a variety of symptoms in different areas of your health. Place a check mark besides any symptoms experienced currently.

Gastrointestinal

- Nausea
- Reflux of stomach acid
- Heartburn (occasional)
- Chronic heartburn
- Abdominal discomfort
- Diarrhea
- Constipation
- Gas (occasionally)
- Bloating (occasionally)
- Rapid onset of sweating after eating or drinking
- Cycling vomiting syndrome
- Palpitations or rapid heartbeat after eating
- Chronic and increased intestinal permeability or leaky gut (maybe?)
- More prone to gut infections
- Swelling of the tongue
- SIBO (in past)
- IBS (in past)
- Abdominal cramping
- Extreme food intolerances

Musculoskeletal

- Difficulties with swallowing
- Diffuse, shifting muscle and joint pain (resembles fibromyalgia) (occasionally)
- Joint pain
- Tight muscles (systemically)
- Neck and shoulder tightness
- Tightness in head
- Ehlers Damlos Syndrome
- Hyperflexibility

Sensitivities

- Increased sensitivity to chemicals (perfumes, odors)
- EMF sensitivity (maybe?)
- Sensitivity to touch
- Sensitivity to sound
- Sensitivity to smell
- Sensitivity to foods

Lungs

- Wheezing
- "Air hunger"
- Laryngitis
- Bronchitis
- Chronic cough
- Asthma
- Shortness of breath
- Chest tightness
- Difficulty taking a deep breath
- Chest pain or discomfort

Sinus

- Brain fog
- Sinusitis
- Itching in throat
- Post-nasal drip
- Headaches
- Migraines
- Congestion (sometimes)
- Rhinitis (in past)
- Pharyngitis

Dental

- Mold in gums or top of teeth
- Dental deterioration despite good dental hygiene
- Swelling of gums
- Non-specific tooth pain

Allergies

- Itching
- Eye irritation
- Rashes
- Hives
- Throat irritation
- Fast or irregular heartbeats after eating
- Flushing
- Irritation/sores in mouth

- Cough from drainage from sinuses
- Red eyes
- Reddening of the skin
- Red cheeks
- Swollen eyes
- Bags under eyes
- Under eye discoloration
- Fainting after eating (syncope)
- Swelling of the skin (edema)
- Swelling of mucous membranes (could be behind eyes, sinuses, throat, gut)
- Anomalies with vision
- Easy bleeding or bruising
- Unusually vigorous insect bite reactions
- Dermographias
- Difficulty focusing eyes, especially upon awakening

Metabolic

- Low blood pressure
- High blood pressure
- Weight gain
- Weight loss
- Intolerance to heat and cold
- Feeling hot or cold
- Sweats
- POTS
- Autonomic dysregulation
- Dyskinesias
- Low energy
- Malaise
- Fatigue
- Feel more stressed than usual
- Temperature dysregulation
- Brittle nails
- Ridging of nails

Hormones

- PMS
- PMDD
- Unusually heavy menstruation
- Menopause hot flashes and flushing
- Hair thinning
- Hair loss
- Insomnia
- Brittleness and ridging of nails
- Mood changes
- Low thyroid function

Cardiovascular

- Low blood pressure
- High blood pressure
- Fainting
- Tachycardia or rapid heart rate
- Edema in any part of the body (sometimes in ankles)
- Lightheadedness
- Dizziness
- Vertigo
- Palpitations
- Arrhythmias
- Chest pain
- Chest tightness

Urinary Tract

- Vaginitis
- Vaginal itching
- Prostatitis
- Cystitis
- Vulvodynia
- Chronic vaginal yeast infections
- Urination urgency
- Frequent urination
- Pelvic pain
- Bladder pain
- Frequent sense of urinary tract infection despite urine tests that show no signs of infection

Immune System

- Poor healing
- Frequent infections
- Odd infections
- Multiple chemical sensitivity
- Waxing or waning enlargement and tenderness of lymph nodes
- Swollen glands in neck (sometimes)
- Chronic hay fever
- Environmental allergies
- Medication sensitivities
- Diagnosed with an autoimmune condition
- Suspect you may have an autoimmune condition
- Stool test indicates mold, fungi, yeast or parasites
- Increased eosinophils as indicated on a serum blood test (in past, not current)
- Increased basophils as indicated on a serum blood test

Neurological

- Tremor
- Headaches
- Migraines
- Tingling
- Inner trembling
- Muscle twitches
- Stuttering
- Focus and concentration difficulties
- Memory issues
- Memory lapses
- Paresthesias (pins and needles)
- Seizures
- Pseudo-seizures
- Tics
- Muscle tetany
- Poor circulation to head
- Mispronouncing words
- Having a more difficult time keeping organized
- Changes in handwriting
- Do you have more difficulty calculating numbers?
- Do you have more difficulty recognizing faces?
- Mental sluggishness or a slower mental response
- Diminished comprehension
- Tire more easily when reading
- Cognitive impairment
- Brain fatigue
- Neurological illness
- Any autoimmune neurological condition
- Signs of brain degeneration
- Vertigo
- Uncertain proprioception when walking

Psychiatric

- Anxiety
- Panic for no reason
- Depression
- Mood swings
- Signs of dementia

This is not a quantitative assessment, as you can experience a few or many of these symptoms and still have mast cell activation issues.

Adapted from Tanya Dempsey, MD, Neil Nathan, MD and Linda Clark, MA, CNC