

Mast Cell Activation Syndrome

Diagnosis: Mast cell activation syndrome (MCAS) is a condition where benign but highly sensitive inflammatory/allergic cells are located in a variety of areas of the body and release chemicals (mediators) which work cause many symptoms. The diagnostic work up can be complex and relatively expensive depending on insurance coverage for lab tests. One approach is to look for mast cells by gastrointestinal biopsies and see if the symptoms respond to treatment. If biopsies have been obtained in the past, we can get the “cell blocks” (not the slides) to stain the tissue for mast cells. Most allergists however believe that it is necessary to document that these mediators are documented to be elevated in the blood or urine prior to making the diagnosis. There is a good rationale to this in that there is some controversy about the number of mast cells that are needed to make the diagnosis. Experts in the field often try to detect chemical evidence of the disease to support abnormal biopsies from the gastrointestinal tract.

Laboratory test to look for evidence of mast cell activation include: serum chromogranin A, plasma heparin, plasma histamine, and 24-hour urine collections for prostaglandin D2, N-methylhistamine, 2,3 dinor 11-beta-PGF2- α , and Leukotriene E4. These tests may be normal because: 1) mast cells live in tissues and may be locally active locally and thus do not secrete enough chemicals to be picked up by blood or urine tests, 2) mast cells secrete mediators intermittently, or 3) the blood or urine is not handled properly since these chemicals are sensitive to heat. The tryptase blood level is usually normal in 85% of patients but seeing normal or low levels is helpful to exclude another cause of mast cell activation symptoms known as mastocytosis. The lab should keep your blood cold at all times (including their use of cold centrifuge). You and the lab should keep the urine cold at all times. Lab tests can be expensive and you should check with your insurance company if they will cover the costs of the tests.

Small intestinal bacterial overgrowth (SIBO), imbalanced microbiome of the colon, *Helicobacter pylori* infection of the stomach, mold exposure, and Lyme disease may be triggering factors for MCAS and may need to be excluded with special tests.

Scientific definition of MCAS: Criteria proposed to define mast cell (MC) activation syndrome when all other diagnoses that could better explain the full range and chronicity of the findings in the case have been excluded (modified from Afrin 2014). The diagnosis *mast cell activation syndrome* is made upon fulfilment of the major criterion plus at least one minor criterion.

Major criteria: 1. Constellation of clinical complaints attributable to pathologically increased MC activity (MC mediator release syndrome)

- Minor criteria:**
1. Multifocal or disseminated infiltrates of MCs in marrow and/or extra-cutaneous organ(s) (e.g., gastrointestinal or genitourinary tract; >19 MCs/high power field)
 2. Abnormal spindle-shaped morphology in >25% of MCs in marrow or other extra-cutaneous organ(s)
 3. Abnormal MC expression of CD2 and/or CD25 (i.e., co-expression of CD117/CD25 or CD117/CD2)
 4. MC genetic changes (e.g., activating KIT codon 419, 509 or 560 mutations) shown to increase MC activity
 5. Evidence (typically from body fluids such as whole blood, serum, plasma, or urine) of above-

normal levels of MC mediators including: tryptase, histamine or its metabolites (e.g., *N*-methylhistamine), heparin, chromogranin A (note potential confounders of cardiac or renal failure, neuroendocrine tumors, or recent proton pump inhibitor use), other relatively MC-specific mediators (e.g., eicosanoids including prostaglandin (PG) D₂, its metabolite 11-β-PGF_{2α}, or leukotriene E₄)

6. Symptomatic response to inhibitors of MC activation or MC mediator production or action

Treatment: Therapy for mast cells can be challenging in that patients often require multiple medicines usually given in a step-wise manner. Patients may react to the medications and/or the fillers/additives/coatings in medications. Medications, natural therapies (over the counter), and diet can be helpful. More aggressive MCAS usually requires more aggressive therapy. In general avoid live vaccines and watch for drug side effects owing to dyes, filler, preservatives and certain medicines which trigger MCAS (see section below). Gluten, dairy, and histamine-containing foods can be problems for MCAS patients. For highly sensitive patients a good compounding pharmacy can be very important.

Education: Watch Dr. Afrin on YouTube: [Afrin and MCAS](#), other MCAS posts on YouTube: <http://www.paediatrics.uct.ac.za/scah/clinicalservices/medical/allergy>,

Dr. Afrin's book "Never bet against Occam: a mast cell book review and call to action"

Listen to: <https://drruscio.com/mast-cell-activation-syndrome-clinician-researcher-dr-lawrence-afrin/>

MCAS Dietary Approaches: This is a baseline starting point for all of the "MCAS Step Therapies" discussed below. For one month exclude gluten, yeast, and cow milk protein-containing foods. A low histamine diet is recommended long-term. A FODMAP-free diet can help especially when SIBO or dysbiosis is present. It is important to looking for food triggers.

MCAS Step 1 – Anti-histamine and Natural Therapy: Start with over-the-counter H1 blockers (Zyrtec, Claritin, or Allegra) and H2 blockers (Zantac or Pepcid) are reasonable to start early on. Quercetin 500 mg 2 - 3x/day (at GNC or elsewhere), Vitamin C 500 mg twice a day, Vitamin B6 25 mg daily, Vitamin D 1000 units, and probiotic therapy that includes *Lactobacillus rhamnosus* (Culturelle) and *Bifidobacter* species.

Note about all medicines including H2 blockers – one will be tolerated whereas another in the same drug category will not. This could be due to the chemical shape or the fillers in the pill/capsule. There are 4 over-the-counter H2 blockers and the doses for these should start low and increase gradually. Liquid versions often used for children may be good for people who are sensitive for medications. Some patients need the H2 blockers 3 times a day. Some may need double the normal dose.

If these fail to help, add DAO Enzymes with meals (UmbrelluxDAO), CBD oil (can be obtained locally at Mr. Nice Guy shops), alpha lipoic acid 600 mg daily, omega-3 fatty acids (fish oil, krill oil), N-acetylcysteine (NAC).

Many people have benefited from CBD alone or with THC – this is also in combination with low dose naltrexone (see Step 2). Ellajans Organics is one option of CBD alone – available online

Additional natural therapies that could help include:

1. Adrenal support:
 - a. DHEA - for general health
 - b. Ashwagandha herb - helps sleep – <https://www.puritan.com/ashwagandha-1012?&scid=42614&cmp=msn-> - [Bing NB Cat Supplements Alpha- -ashwagandha](#)
2. Gut health
 - a. EndoZin from Klaire – you might need my code – F11 to order. This helps heal the leaky gut – zinc-carnosine and L-glutamine – with meals 2x/day. Zinc can also reduce mast cell activity.

MCAS Step 2 Therapy

- A. H2 blockers: Zantac (start at 150 mg and increase to 300 mg twice a day) or Pepcid (start at 20 mg and work up to 40 mg twice a day)
- B. H1 blockers: Zyrtec 10 mg (or either Claritin 10 mg or Allegra 60 mg) 2 times per day. Some people do better on one H1 blocker than another. Benadryl is a sedating H1 blocker and should be used at night or for severe histamine activity.
- C. Quercetin (herbal mast cell stabilizer available at GNC or elsewhere) 500 mg 2 – 4 times a day.
- D. Vitamin therapy: C 500 mg twice a day, D 1000 units daily, and B6 25 mg daily.
- E. Low dose naltrexone (LDN): I generally recommend LDN to reduce inflammatory proteins that can trigger mast cell activation. LDN cannot be used in the setting of chronic narcotic use. For LDN start at 1 mg and gradually increase dose up to 4.5 mg each morning (this needs to be made at a compounding pharmacy).

If tolerating the above, yet symptoms are not substantially improved then the next 3 options are substitutes for Quercetin and include:

Singulair (montelukast) 10 mg per day (if there is asthma, interstitial cystitis, chronic prostatitis, pain, or brain fog, I will start this early on in the treatment).

Cromolyn - start at 1 ampule 2-4 times a day and then slowly increase to 2 ampules 4 times a day.

Ketotifen 2 mg one to two capsules 1-2x/day (start at night since it may be sedating) - this needs to be made at a compounding pharmacy and is not covered by insurance.

CBD oil can help painful conditions and can work hand in hand with LDN.

MCAS Step 3 Therapy

Ziluten 600 mg twice a day (this is especially good when there is asthma and/or interstitial cystitis). Accolate is another option. Low doses of aspirin can be tried but this should be closely monitored since allergic responses may occur (start at 81 mg and increase to 650 mg twice a day). Short term use of steroids can be used for severe attacks of pain or hives. Benzodiazepines can be helpful.

MCAS Step 4 Therapy

In severe cases, the following medications may be used: Xolair subcutaneous injections (FDA-indication is for hives, angioedema and asthma; risk of anaphylaxis is 1/1000 and is riskier for those who have many allergies and drug reactions), Imatinib (Gleevec; FDA approved for CML; clinical experience with MCAS), immune globulin injections (FDA-indication for IVIg included hives and angioedema), Tofacitinib pills (Xeljanz; FDA-indication is for rheumatoid arthritis; case reports for MCAS), and hydroxyurea (FDA-indication, leukemia, sickle cell – helpful for MCAS with deep muscle and bone pain – case reports for MCAS).

MCAS – dietary supplementation

Options to improve nutrition include: Physicians' Elemental Diet by Integrative Therapeutics (tolerable oral nutrition). In severe cases feeding tube placement into the small intestine with an elemental diet is required: Neocate Jr. or Elecare Jr. can be used in place of Vivonex which is standard.

MCAS Drug Triggers

Avoid drugs that can trigger mast cell release - narcotics, muscle relaxants, certain antibiotics, anti-seizure, local anesthetics, IV dye, ACE inhibitors, and beta-adrenoceptor antagonists. When Xolair is considered, beta-blockers should be stopped.

MCAS periodic, symptom specific therapy

Abdominal pain: butylscopolamine, proton pump inhibitor (PPI), steroids, Ativan, Xanax

Anemia: iron (in particular IV) must be given cautiously due to risk for potentially intense mast cell activation; alternatively, red blood cell transfusion should be considered

Angioedema: tranexamic acid; icatibant

Arthralgias: celecoxib

Brain fog: nasal Cromolyn

Conjunctivitis (after exclusion of a secondary disease) preservative-free eye drops with H₁-antihistamine, Cromolyn, ketotifen, or glucocorticoid (brief courses)

Chest pain: extra H₂ blocker, PPI

Colitis: budesonide; prednisone

Diarrhea: cholestyramine; nystatin; montelukast; ondansetron; aspirin (50–350 mg/day w extreme caution (in steps test each drug for 5 days until improvement of diarrhea)

Gynecologic disorders:

Chronic vaginitis and dyspareunia: diphenhydramine (25 mg) or Cromolyn (20-50 mg) vaginal suppository, low dose naltrexone

Heavy periods and pain: diphenhydramine (25 mg) vaginal suppository, birth control pills (a number may need to be tried before the right one is found; low dose naltrexone

Hypercholesterolemia: atorvastatin

Itching: palmitoylethanolamine (PEA), Cromolyn-containing ointment

Insomnia: triazolam, doxepin - * see section on fatigue below

Interstitial cystitis: pentosan (Elmiron), low dose naltrexone, antibiotics for small intestinal bacterial overgrowth, amphetamines

Muscle spasm: sinemet (25/100), cyclobenzaprine

Nausea: dimenhydrinate; lorazepam; ondansetron; aprepitant (Emend); additional anti-histamines, CBD and THC, marijuana (best in edibles), prucalopride (0.5-2.0 mg typical dosage range), low dose erythromycin (50-100mg) before meals, mestinon. ginger products (Motility Activator by ITI, Motil-Pro from Pure Encapsulations), Iberogast herbal therapy, visceral manipulation, yoga breathing techniques, and meditation.

Neuropathy: alpha lipoic acid, low dose naltrexone

Osteoporosis, bone pain ⇒ bisphosphonates (Vitamin D plus calcium is second-line Rx d/t limited reported success and an increased risk for stones); calcitonin; teriparatide (with caution; cases of cholestatic liver failure reported); denosumab (dental clearance required prior to Rx with bisphosphonates and anti-RANKL therapies)

Respiratory mucus and obstruction: montelukast; Ziluten; urgent: albuterol

Tachycardia: ivabradine

Fatigue – this is the second most common problem in MCAS, This disorder is often associated with postural orthostatic tachycardia syndrome and Ehlers Danlos syndrome.

Causes for Fatigue in patients with MCAS, postural orthostatic tachycardia syndrome (POTS) and Ehlers Danlos syndrome (EDS)

1. MCAS - release of histamine, cytokines, and many other chemical inflammatory mediators
2. Medications – including antihistamines.
3. Hormonal malfunction in women
4. Hypothalamic-pituitary-adrenal axis alterations – affected by hypoperfusion or by inflammation from small intestinal bacterial overgrowth.
5. Sleep problems
 - a. Restless legs syndrome – common in MCAS
 - b. Obstructive sleep apnea – can be in thin EDS or overweight MCAS patients. Snoring is common – start out using the SnoreLab App on the phone.
 - c. Upper airway resistance syndrome – can be in underweight hypermobile teens and adults with EDS - heavy, labored breathing during sleep. Sufferers of UARS often describe their breathing effort as "trying to breathe through a straw."
 - d. Poor sleep hygiene – staying up late, caffeine excess, working with electronics

- e. Nonrestorative sleep owing to sympathetic overdrive.
- 6. Narcolepsy, dissociation, and depersonalization disorders
- 7. Anxiety disorders
- 8. POTS patients have inadequate blood flow to the brain with poor oxygen delivery
- 9. EDS patients can have:
 - a. Postural muscles because of ligament laxity. The muscles are made up of weak connective tissue.
 - b. Craniocervical instability (CCI)
- 10. Secondary mitochondrial dysfunction

Healthcare Team: It is important to build a team of doctors to help take care of your total health. In addition to your primary care doctor, specialists can be helpful. This is especially the case when there is the addition of two common syndromes associated with MCAS: postural orthostatic tachycardia syndrome (POTS) and hypermobile Ehlers-Danlos syndrome (EDS).

MCAS – for this condition allergists can be helpful: Private Practice: Jeffrey Tillinghast, MD - 314-542-0606; Barbara Jost, - MD314-868-6260; University care: W.U.: 314-996-8670 - Jennifer Dy, MD, Jennifer Monroy, MD; SLU: M. Dykewicz, MD

For those with POTS – a cardiologist and a neurologist can be helpful: Private Practice: Craig Reiss, MD, University care: W.U.: Mitchell Faddis, MD, Neurology Laurence Kinsella, MD

EDS – for this connective tissue syndrome, a physical therapist, pain management doctor, and orthopedic doctor can be helpful

Leonard Weinstock, MD – edited 3/29/18; adapted from Dr. Molderings and Dr. Afrin's articles