

Medical history

Suspected mast cell activation disease

- Specific medical history with regard to a mast cell mediator release syndrome
- Specific physical examination for mast cell-induced cutaneous signs
- Determination of potential mast cell mediators
- Gastroscopy, coloscopy with biopsy
- Sonography of the internal organs
- Echocardiogram, 24-hour ECG, stress test
- Bone density measurement by DXA technique

Diagnosis: mast cell activation disease

- Bone marrow biopsy to
- exclude hematologic non-mast cell lineage diseases
  - detect a possible accumulation of mast cells
  - detect possible morphologic/immunohistochemical/genetic pathological alterations of mast cells

Classification of the variant:  
Systemic mastocytosis according to the WHO criteria  
Mast cell activation syndrome

Testing of drugs on tolerance

Basal chronic therapy to reduce mast cell activity  
Symptomatic therapy if necessary to antagonize mast cell mediator-induced symptoms