

## Mast Cell Activation Syndrome

## Clinical Questionnaire

### Description

Today's Date: \_\_\_\_\_ Patient Name: \_\_\_\_\_

**Please indicate yes or no for the following symptoms and traits:**

(If you are not familiar with a particular trait(s), then check 'No' as it does not apply to you)

### General

Yes	No	Symptom and Traits
		"I have been sick for as long as I can remember"
		Abdominal pain as an infant
		Decreased wound healing
		Early satiety
		Edema – "water" accumulation in different parts of the body
		Food, drug, and chemical intolerances (especially fragrances)
		Frequent family history of cancer especially intestinal or bone marrow (hematologic)
		Frequent fatigue and malaise or Chronic Fatigue Syndrome
		Frequent fevers and/or sweats
		Frequent infections, cold, viruses, gut viruses as an infant, adolescent or adult
		General feeling inflamed
		Generalized lymphadenopathy (enlarged lymph nodes)
		Heat intolerance
		Hypersensitivity to much in environment including fragrances, perfumes, or medications
		Insomnia
		Sense of being cold all the time
		Vomiting as an infant
		Waxing and waning of symptoms
		Weight gain or loss
		Weight gain or loss – can go up and down

### Ears

Yes	No	Symptom and Traits
		Ringling in ears (tinnitus)

		Eustachian tube dysfunction (blocked, popping ears)
		Hearing loss
		Otosclerosis

### Eyes

	No	Symptom and Traits
		Burning eyes
		Conjunctivitis
		Difficulty focusing
		Difficulty focusing vision
		Dry eyes
		Increased or decreased tearing
		Irritated eyes
		Red eyes
		Sun sensitivity
		Tic or eyelid spasm

### Nose

Yes	No	Symptom and Traits
		Hoarseness
		Intranasal sores
		Laryngitis
		Nasal stuffiness
		Nose bleeds (epistaxis)
		Post nasal drip
		Rhinitis
		Sinusitis

### Throat

Yes	No	Symptom and Traits
		Burning mouth
		Difficulty swallowing
		Itchy throat
		Sores on tongue/mouth
		Throat swelling
		Vocal cord dysfunction

		Throat tickle
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<b>Skin</b>		
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Yes	No	Symptom and Traits
		Angioedema
		Brittle nails
		Cannot heal when cut
		Cherry angiomas/ red spots
		Chronic itching
		Dermatographism (scratch the skin – red welt arises)
		Easy bruising
		Eczema
		Fungal skin infections
		Hair thinning or alopecia
		Hives
		Itchiness
		Lichen planus
		Patchy red rashes
		Red face when waken
		Reddish or pale complexion
		Skin flushing
		Skin rashes
		Skin tags
		Urticarial pigmentosa
		Warts

<b>Cardiovascular</b>		
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Yes	No	Symptom and Traits
		Abnormal heart rythm
		Dizzy
		Edema
		Fainting
		Fainting upon standing
		High triglycerides
		Hot flushes

		Increased pulse rate (tachycardia)
		Light headedness
		Palpitations
		POTS syndrome
		Spikes and drops in blood pressure, pulse or temperature

**Respiratory**

<b>Yes</b>	<b>No</b>	<b>Symptom and Traits</b>
		Air hunger
		Asthma
		Can't catch a deep breath
		Chronic interstitial fibrosis
		COPD
		Dry cough
		Pulmonary hypertension
		Shortness of breath
		Wheezing

**GI Tract**

<b>Yes</b>	<b>No</b>	<b>Symptom and Traits</b>
		Abdominal cramping and bloating
		Colonic polyps
		Cyclic vomiting syndrome
		Diarrhea and/or constipation
		Difficulty swallowing
		Epigastric tenderness
		IBS
		Gastric polyps
		GERD/acid reflux – refractory to medication
		Left upper abdominal pain
		Malabsorption
		Nausea
		Non-cardiac chest pain
		Splenomegaly (enlarged spleen)
		Vomiting

**Liver**

Yes	No	Symptom and Traits
		Elevated liver enzymes
		High bilirubin
		High cholesterol

**Neurological**

Yes	No	Symptom and Traits
		Headaches
		Memory loss
		Migraines
		Numbness and tingling, especially hands and feet
		Poor concentration
		Pseudo seizures
		Sleep disorders
		Spells of cataplexy (suddenly becoming disconnected from and unresponsive to the world around)
		Tics or tremors
		True seizures
		Waxing and waning brain fog
		Word finding difficulty

**Musculoskeletal**

Yes	No	Symptom and Traits
		Ehler's Danlos Syndrome
		Fibromyalgia
		Hypermobility
		Increased osteopenia and osteoporosis
		Joint laxity
		Migratory arthritis (joint pain)
		Muscle pain
		Myositis
		Weakness

### Coagulation

Yes	No	Symptom and Traits
		Bleeding nose
		Deep vein thrombosis
		Don't clot when cut
		Heavy menstrual bleeding
		History of clots
		Increased bruising

### Blood disorders

Yes	No	Symptom and Traits
		Abnormal electrolytes
		Anemia
		Autoimmune markers
		Decreased lymphocytes
		Decreased neutrophils
		Decreased platelets
		Decreased white cell count
		High IgE
		Increased MCV (mean corpuscular volume)
		Increased white cell count
		Monoclonal gammopathy
		Reductions in CD4 helper lymphocytes
		Reductions in CD8 positive suppressor lymphocytes
		Reductions or excesses of IgA, IgG, IgM, IgE

### Psychiatry

Yes	No	Symptom and Traits
		Anxiety
		Bipolar disorder
		Decreased attention (ADD) / ADHD
		Depression
		Forgetful
		Insomnia
		OCD

		Panic
		PTSD

### Genitourinary

Yes	No	Symptom and Traits
		Frequent urination
		Interstitial cystitis
		Recurrent bladder infections
		Sterile bladder infections
		Vaginitis

### Hormones

Yes	No	Symptom and Traits
		Decreased libido
		Decreased sperm counts
		Endometriosis
		Erectile dysfunction
		Heavy periods
		Infertility
		Painful periods
		Recurrent miscarriages

### Dental

Yes	No	Symptom and Traits
		Deteriorating teeth

### Anaphylaxis

Yes	No	Symptom and Traits
		Diarrhea
		Difficulty breathing
		Dizziness and fainting
		Feeling of warmth
		Flushing or pale skin
		Itchy hives
		Nausea
		Vomiting

		Weak and rapid pulse
<b>Common triggers include</b>		
<b>Yes</b>	<b>No</b>	<b>Symptom and Traits</b>
		Airborne smells including perfumes or smoke
		Anesthetic
		Emotional stress
		Exercise or exertion
		Procaine and dental anesthetic
		Specific foods and drinks (especially alcohol and high-histamine content foods)
		Temperature extreme
<b>Reference</b>		
Dr. Bruce Hoffman – July 5 <sup>th</sup> , 2016		

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