

Beyond the Clinic: Understanding the Hidden Burden of Indolent Systemic Mastocytosis (ISM)

**Despite its 'indolent' classification,
ISM can lead to a high symptom
burden and significant impact on
quality of life^{1*}**

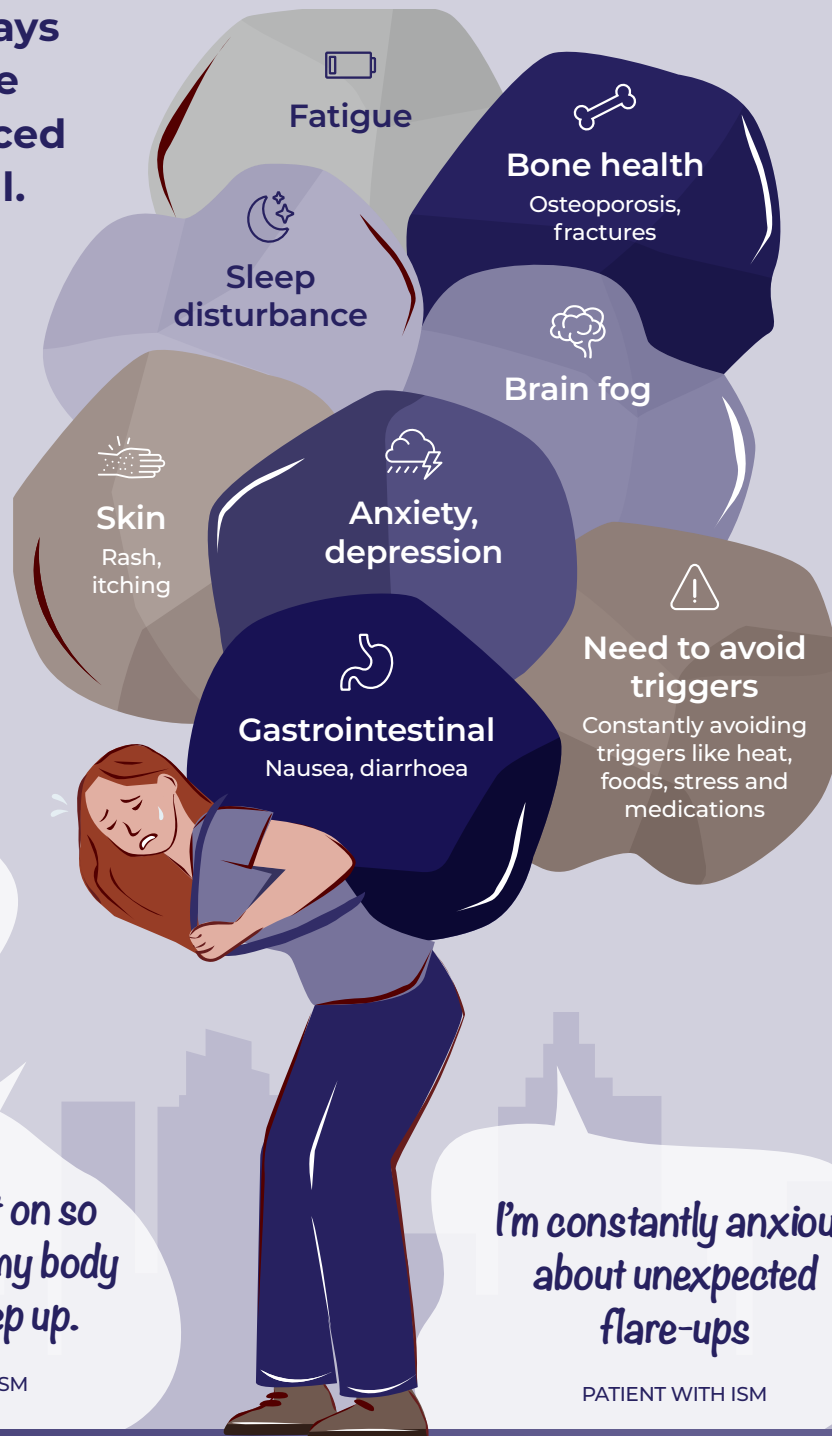


*The disease course is individual and may vary from patient to patient

Behind every clinical measure is a patient experience: ISM can impose a substantial lifelong burden, with persistent symptoms impacting quality of life²⁻⁴

ISM may not always be visible, but the burden experienced by patients is real.

Although ISM is classified as an indolent disease, patients can experience a substantial lifelong burden from persistent symptoms that affect everyday life.²⁻⁴ The symptoms shown here represent just some of the challenges patients with ISM carry.



'Indolent' describes the disease course – not the impact ISM can have on patients' daily lives²

For patients with ISM, the burden of disease might extend into every area of life — affecting how they feel, work, interact socially, and cope with the uncertainty of living with their condition

The quality of life is poor in ISM, affecting the **social, work, emotional** and **psychological** aspects of patients' lives:⁴⁻⁷



Patients with ISM may often feel isolated, anxious, and discouraged because of their condition⁵



43%

reported that ISM negatively affected their ability to work⁴



76%

believe that their disease is not well controlled⁶



64–71%

reported being troubled by the lack of cosmetic appeal, embarrassment, and increasing visibility of their skin abnormalities over time⁷

89%

of patients with ISM report uncertainty about whether symptoms are disease-related, further adding to the overall disease burden^{7*}

*Based on the responses of 88 patients with ISM in a self-reported survey conducted between 2015 to 2017 by Mast Cell Connect, a patient-reported registry
ISM=indolent systemic mastocytosis

Consider whether your current symptom assessment fully captures the day-to-day disease burden in patients with ISM

Reassess symptom burden over time to identify ongoing or unmet needs.

To learn more about ISM, visit our DISCOVER SM website for more helpful resources.

ISM=indolent systemic mastocytosis

References: 1. Mounié M, et al. *J Allergy Clin Immunol Pract.* 2025;13(4):923–929. 2. Zeiger RS, et al. *J Allergy Clin Immunol Pract.* 2025;13(1):202–212.e7. 3. Gotlib J, et al. *N Eng J Med.* 2023;2(6):EVIDoa2200339. 4. Triggiani M, et al. *Clin Exp Allergy.* 2025;55:784–794. 5. Mesa RA, et al. *Cancer.* 2022;128(20):3700–3708. 6. Kurtin S, et al. *J Adv Pract Oncol.* 2025;4:1–11. 7. Jennings SV, et al. *Immunol Allergy Clin North Am.* 2018;38(3):505–525.



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