

SM symptom checklist for HCPs

Could your patients have SM?

Systemic mastocytosis (SM) is a **heterogeneous disorder characterised by abnormal proliferation and activation of mast cells**. SM has an estimated prevalence of ~1 in 10,000 and affects at least one extracutaneous organ^{1,2}

Prolonged timespan between symptom onset and diagnosis is common due to the **range of non-specific symptoms and signs**. Therefore, clinical suspicion of SM should start with recognising recurrent instances of the common symptoms¹

For more information, visit www.systemicmastocytosis-hcp.com

Complete this simple checklist to help you recognise the symptoms or features indicative of SM*



Symptom/feature

Severity?

No. of episodes?

Skin lesions³

- Maculopapular lesions: urticaria pigmentosa; raised patches of brownish skin that becomes inflamed by rubbing (Darier's sign)⁴
- Pruritus³



Elevated tryptase levels³

- Basal tryptase ≥ 20 ng/mL⁵
- Basal tryptase 11.5–20 ng/mL⁵



Anaphylaxis in the context of a hymenoptera venom allergy, or unexplained anaphylaxis³

- Often coupled with hypotension/syncope¹



Osteopenia/osteoporosis (otherwise unexplained),³ especially for young patients and young males⁵



Histamine-induced symptoms (e.g. cramping, headache, hypotension, diarrhoea)³



Splenomegaly³

- May be suspected by physical examination, and evaluated by a complete blood count or imaging studies (e.g. ultrasound and CT imaging). A spleen size of 12–20 cm in craniocaudal length indicates splenomegaly and >20 cm is definitive of massive splenomegaly⁶

If your patient experiences episodic and recurrent instances of a combination of two or more symptoms, you should consider further diagnostic workup

*Please note that this checklist is based on the 2022 ECNM-AIM User's Guide³; this is not an exhaustive list of all symptoms in SM, and symptoms may vary between individuals.

References: 1. Gülen T, et al. *J Intern Med*. 2016;279(3):211–228. 2. Pardanani A. *Am J Hematol*. 2021;96(4):508–525. 3. Valent P, et al. *J Allergy Clin Immunol Pract*. 2022;10(8):1999–2012.e6. 4. Hartmann K, et al. *J Allergy Clin Immunol*. 2016;137(1):35–45. 5. Theoharides TC, et al. *N Engl J Med*. 2015;373(2):163–172. 6. Chapman J, et al. Splenomegaly. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; August 2022.