

# A Serum Tryptase Test Can Help You Discover Systemic Mastocytosis



## Serum tryptase test

is recommended as the first step used to evaluate systemic mastocytosis (SM) in all patients upon clinical suspicion<sup>1</sup>



## Tryptase

is a useful and highly specific marker for mast cell (MC) activation<sup>2-4</sup>



## Tryptase levels are elevated

in a range of conditions, including mastocytosis and myeloid leukaemias, making it a diagnostic parameter of MC activation<sup>2</sup>



## Serum tryptase >20 ng/mL

serves as one of the WHO minor criteria by which to diagnose SM<sup>5</sup>

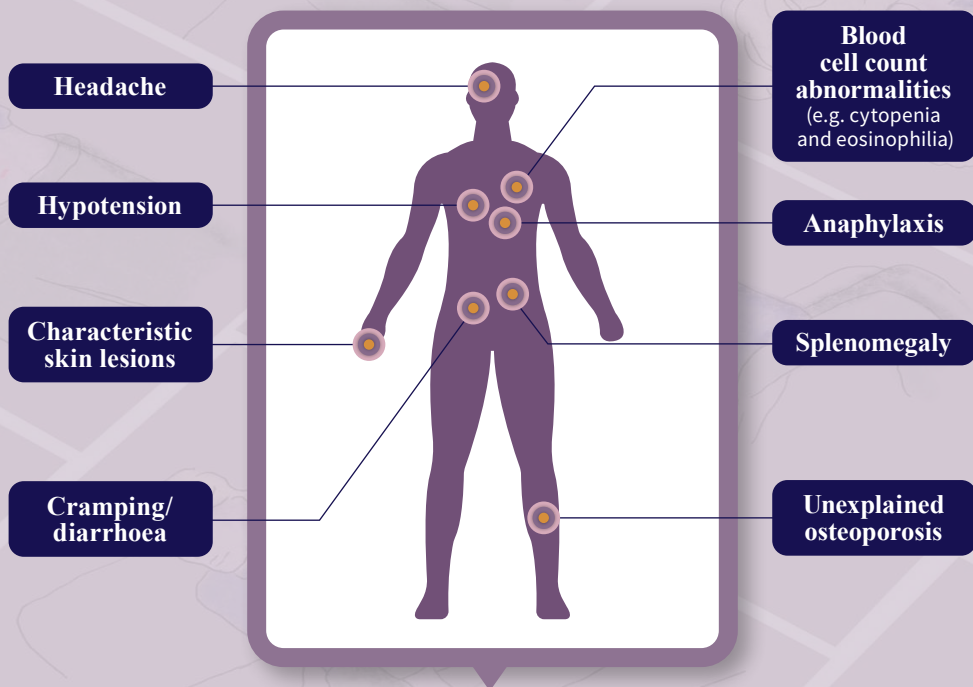
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# When to Order a Serum Tryptase Test

If you recognise recurrent instances of the following common symptoms of SM, consider ordering a serum tryptase test:<sup>1</sup>



**An elevated tryptase level ( $>11.5$  ng/mL), accompanied by recurrent instances of the symptoms, prompts further diagnostic workup<sup>1,3,6</sup>**

**Note:** The serum tryptase test is one of several tests that can be used for SM suspicion. Further workup involves assessing if the patient meets WHO criteria for SM diagnosis<sup>5</sup>

For more information, visit: [www.systemicmastocytosis-hcp.com](http://www.systemicmastocytosis-hcp.com)

WHO=World Health Organization.

**References:** **1.** Valent P, et al. *J Allergy Clin Immunol Pract.* 2022;10(8):1999–2012.e6. **2.** Valent P, et al. *Expert Rev Hematol.* 2014;7(5):683–690. **3.** Akin C. *Hematology Am Soc Hematol Educ Program.* 2022;2022(1):55–63. **4.** Beyens M, et al. *Diagnostics (Basel).* 2023;13(24):3662. **5.** Valent P, et al. *Hemasphere.* 2021;5(11):e646. **6.** Theoharides TC, et al. *N Engl J Med.* 2015;373(2):163–172.