Understanding Systemic Mastocytosis (SM):

A guide to diagnosis

Understanding next steps

The signs and symptoms of SM may vary from person to person. Recognizing that you may be dealing with symptoms that are consistent with SM is an important first step.

Even though your symptoms and experiences may be unique, you are not alone in this journey. Talk openly with your doctor about your symptoms and how you're feeling.

You know your body.

You know your symptoms.

You are the best person to speak to your doctor about them.

~7 years

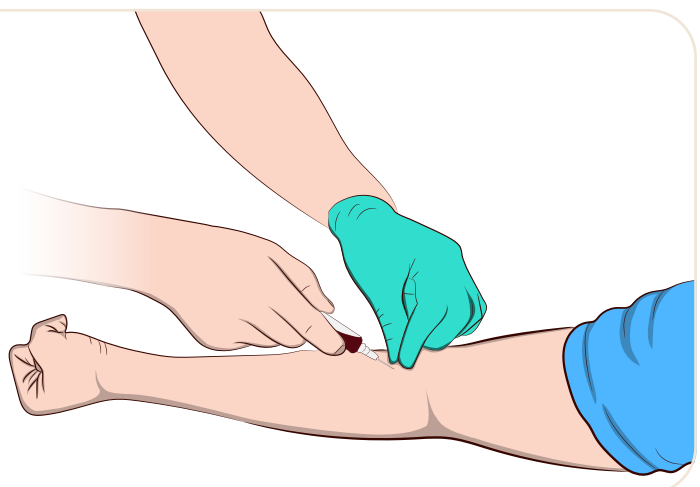
Did you know? People with SM have reported averaging 7 years from symptom onset to receiving a diagnosis[1]*

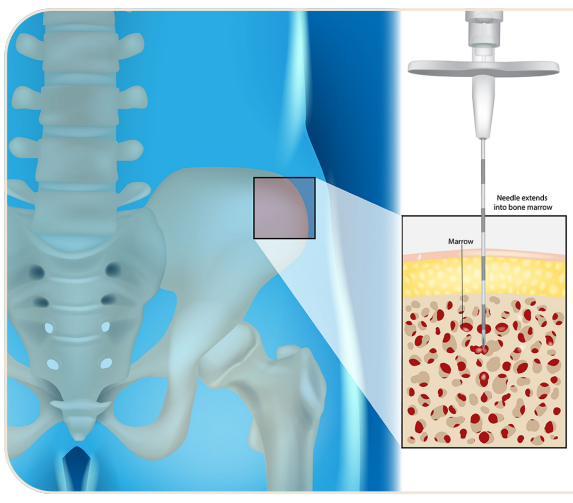
Navigating tests

After meeting with you, reviewing your symptoms, and understanding your needs, your doctor may perform the following tests to confirm the diagnosis:

Tryptase test

A doctor or nurse will take a blood sample from you to determine the level of tryptase, an enzyme found in blood that is released by mast cells. An abnormal or elevated level of tryptase may suggest a potential condition like SM or indicate a mast cell disorder.





Bone marrow examination

A small piece of your bone marrow is taken through a procedure called a biopsy. The cells are examined more closely to see if they are abnormal or higher than normal mast cells.

KIT D816V test

A biopsy or blood sample will be taken to determine if there is a change in your *KIT* gene. This *KIT* abnormality has been found in approximately 95% of patients with SM.[2]

Learning about *KIT* mutation

About 95% of SM cases are caused by a gene mutation called *KIT D816V*[2]

In healthy mast cells, the *KIT* receptor tightly controls the amount of mast cells

In SM, a mutation to the *KIT* receptor leads to uncontrolled multiplying of abnormal mast cells throughout the body

This uncontrolled multiplication of abnormal mast cells can lead to SM

Talk to your doctor about how you are feeling and your understanding of SM. Ask about the next steps to confirm a diagnosis.

To gain a better understanding of SM, visit: **www.navigatingSM.com**

*Based on data from 149 patients with self-reported mastocytosis in Mast Cell Connect registry in Jennings 2018 study.

References: 1. Jennings SV, et al. *Immunol Allergy Clin North Am.* 2018;38(3):505–525. **2.** Kristensen T, et al. *J Mol Diagn.* 2011;13(2):180–188.