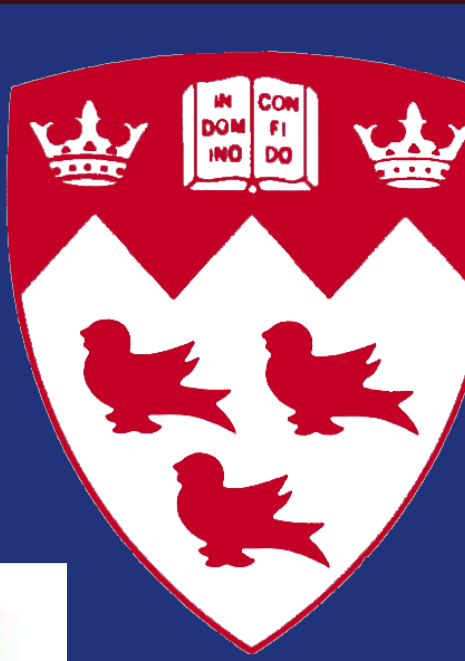




MASTER: MASTtocytoSis to study Evolution Registry



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BACKGROUND

- Mastocytosis refers to a group of myeloproliferative disorders characterized by excessive proliferation and accumulation of mast cells in tissues.
- Mast cell degranulation leads to vasoactive mediator release and clinically presents as episodic anaphylactoid symptoms (pruritis, flushing, headache, etc.)
- Limited available data suggests that most cases of pediatric cutaneous mastocytosis resolve or spontaneously improve by adolescence.
- The frequent reactions and constant fear from anaphylaxis are associated with a poor quality of life.
- There are sparse data on clinical characteristics of patients with mastocytosis as well as disease triggers and management.

OBJECTIVES

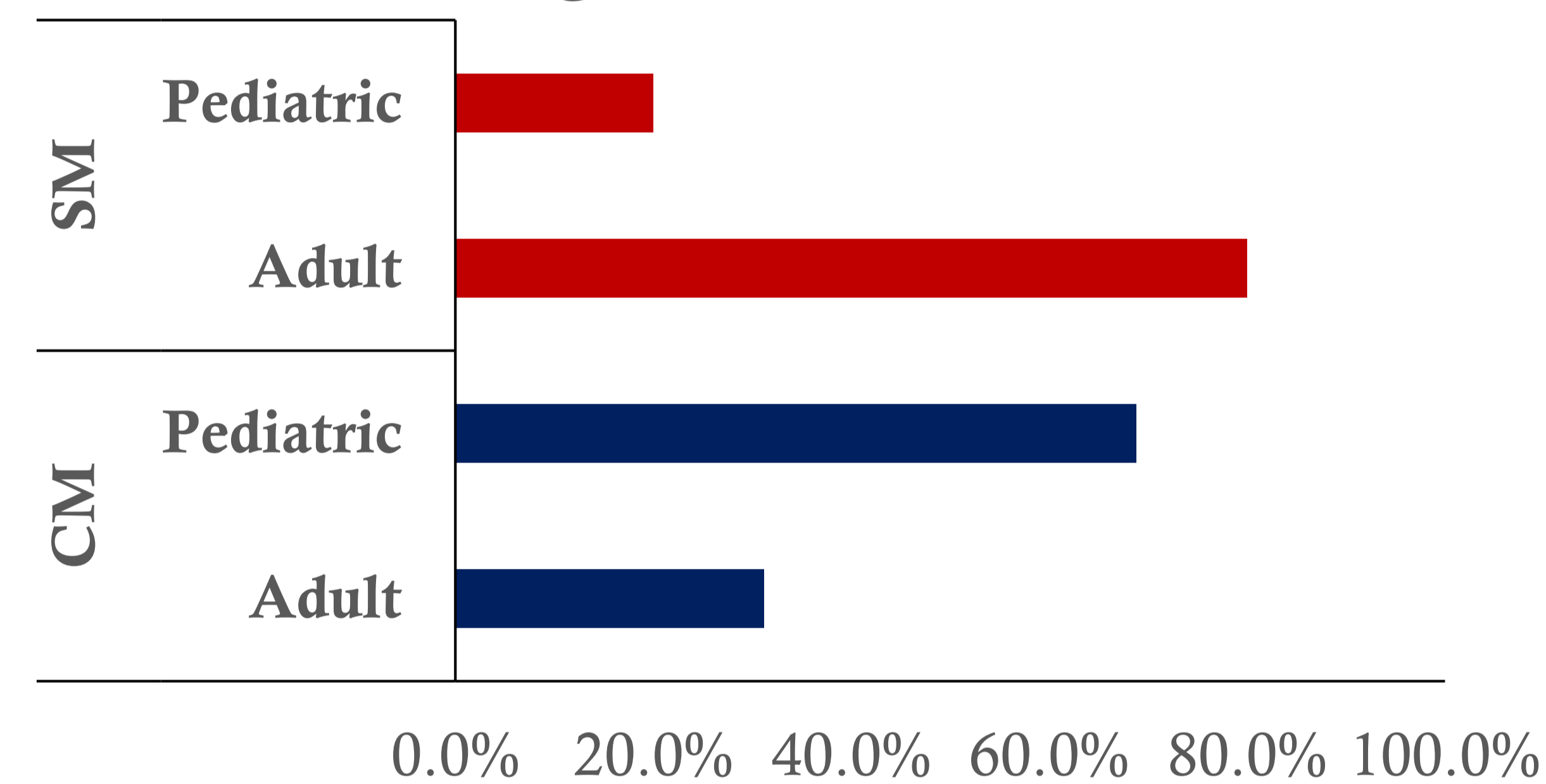
- We have established a mastocytosis registry to understand the clinical characteristics, management and natural history of the different types of mastocytosis.

METHODS

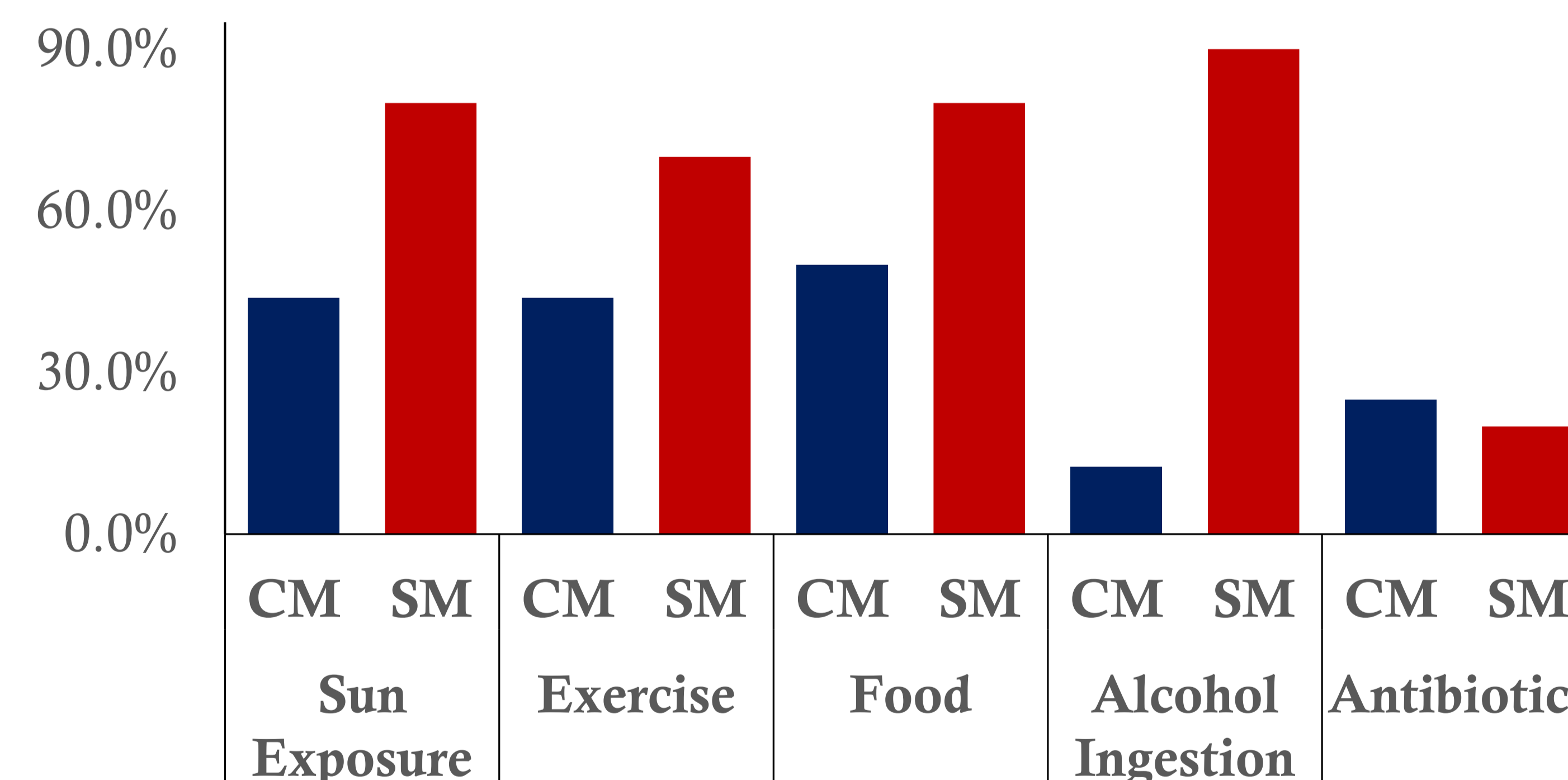
- Since 2019, we have been recruiting participants from dermatology and allergy clinics in Montreal and the Mastocytosis Society Canada.
- We have developed a standardized questionnaire to assess these individuals' triggers, exposures and comorbidities.
- The collaborative approach of this project will allow us to also evaluate the effects of sociodemographic factors, comorbidities and biomarkers on resolution rate.

RESULTS

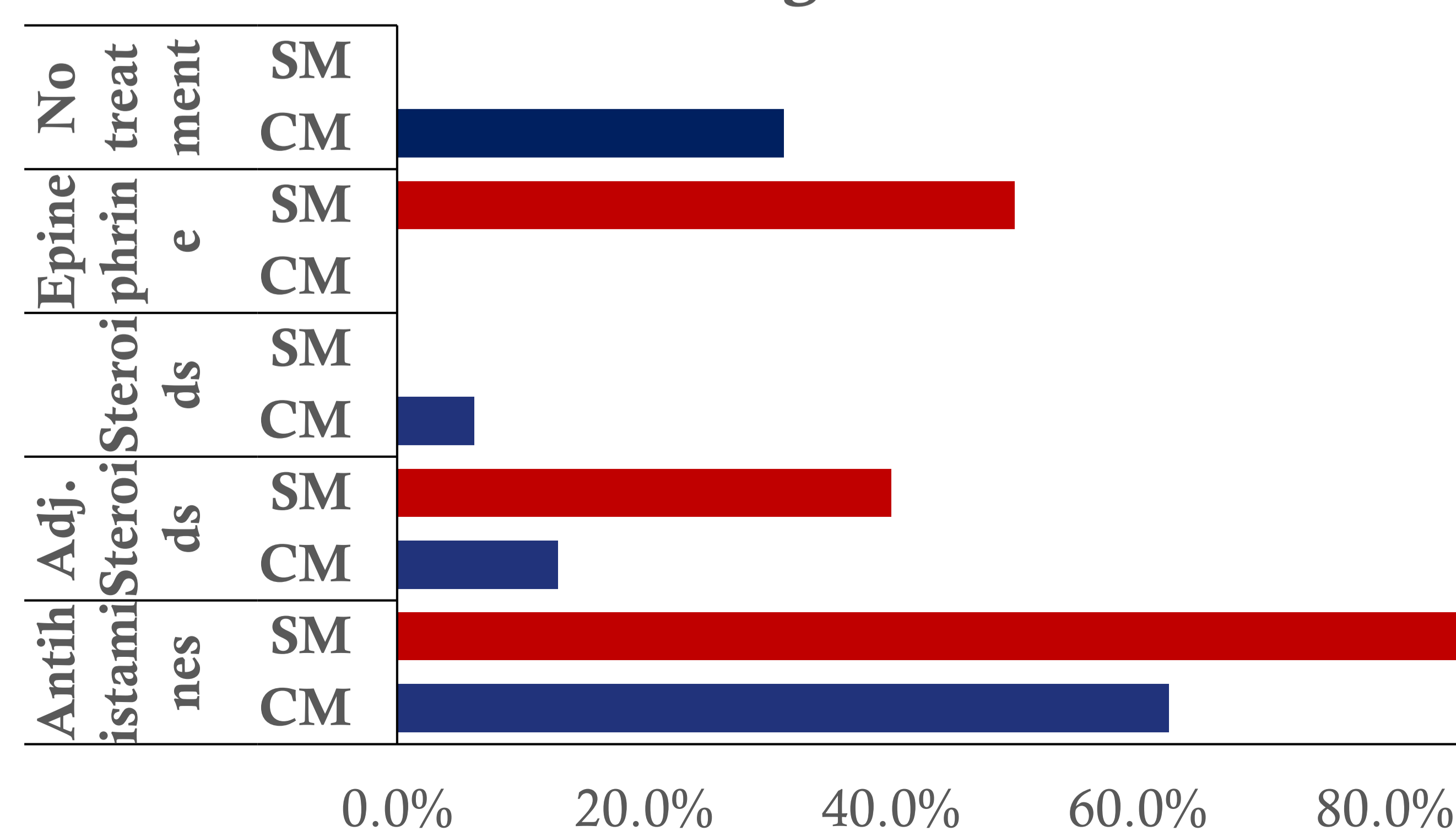
Age Distribution



Triggers



Management



RESULTS

- We have so far recruited 31 participants. Most of our CM participants (69%) were children (median age of diagnosis 0.42 years vs 34 years in the SM group).
- The major causes of flares in the CM group were foods (50%), minor trauma (43.8%) and sun exposure (43.8%).
- In the SM group, the main triggers were alcohol ingestion (100%), sun exposure (80%), and specific foods (80%).
- Most participants were treated with antihistamines (63% CM; 100% SM) and few required adjunctive steroid therapy during flares (13% CM; 40% SM).
- 31.3% of participants with CM observed resolution of flares without any treatment vs 0% in the SM group.

CONCLUSIONS

- We have established the first Canadian registry for mastocytosis.
- Our next steps will be to expand our registry to provide further data on diagnosis, flares and management of mastocytosis to improve the care for these patients and further develop this field of study.

AUTHOR AFFILIATIONS

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