



As part of the 2023 #SpotOurSpots campaign for International Mastocytosis and Mast Cell Diseases Awareness Day, TAMS has developed an engaging quiz to shed light on the world of mast cells.

Join us in spreading awareness for this important cause by inviting your friends to take the quiz too!

1. What are mast cells?

- a. Blood cells that transport oxygen
- b. Immune cells
- c. Cells found in the muscles
- d. Cells that produce insulin

3. Who discovered the mast cells?

- a. Louis Pasteur
- b. Robert Koch
- c. Paul Ehrlich
- d. Élie Metchnikoff

5. Which of the following statements about mast cell diseases is true?

- a. They are always caused by a genetic mutation
- b. They only affect adults
- c. They involve the overactivation of mast cells
- d. They are degenerative

7. Which type of mast cell disease is characterised by the systemic increase of proliferation and activation of mast cells?

- a. Mastocytosis
- b. Eosinophilic esophagitis
- c. Psoriasis
- d. Multiple sclerosis
- e. Asthma

2. Which of the following is NOT a common symptom of mast cell disease?

- a. Rashes
- b. Joint pain
- c. Excessive thirst
- d. Gastrointestinal issues

4. Which of the following is a common trigger for mast cell activation?

- a. Stress
- b. Vitamin C
- c. Physical exercise
- d. Sunlight exposure

6. What is the primary role of mast cells in the body?

- a. Support mobility functions by aiding in muscle contraction
- b. Play a central role in the body's immune system and defence against infection
- c. Assist in the digestion of food in the stomach and intestines
- d. Reserving oxygen in the lungs to facilitate the respiratory process

8. Anaphylaxis is a severe allergic reaction that can be triggered by mast cell activation

- True or False

9. Which organ is often affected in mast cell disease, leading to symptoms like abdominal pain and diarrhoea?

- a. Heart
- b. Liver
- c. Lungs
- d. Gastrointestinal tract

11. What is the main goal of treatment for mast cell disease?

- a. Programming mast cells
- b. Managing symptoms and preventing triggers
- c. Increasing the number of mast cells in the body
- d. Boosting the immune system

13. The granules of mast cells are rich in which of the following compounds?

- a. Leukocytes
- b. Histamine
- c. TGF- β
- d. None of the above

15. Which mediators are released during the degranulation of mast cells?

- a. Histamine
- b. Tryptase
- c. Serotonin
- d. All of the above

10. Which of the following is not a diagnostic tool for Mast Cell Activation Syndrome?

- a. Blood testing and biopsies
- b. Urine testing
- c. Responsiveness to treatment
- d. Electrocardiogram

12. Where are mast cells found in the body?

- a. Skin
- b. Gut
- c. Respiratory tract
- d. All of the above

14. Which of the following best describes the role of mast cells in wound healing?

- a. Promotion of blood clotting
- b. Acceleration of tissue regeneration
- c. Inhibiting the inflammatory response
- d. Prevention of scar formation

16. Every type of Mast Cell Disease has a known genetic mutation

- True or False

Note: Please consult a healthcare professional for accurate information and guidance on mast cell diseases if you have concerns about your health or suspect you may have such a condition.

Answers: b, c, a, d, b, a, true, d, d, b, d, b, d, false