



Histamine Haven's List of Conditions with Mast Cell Involvement

Research is happening rapidly in the field of histamine and mast cells. We do our best to keep this list up to date, so you can check in from time to time to see if the list has been updated.

*Mast cell or histamine involvement in disease progression, does not always indicate MCAS. This information is for **educational purposes** only.*

Adenomyosis¹
ADHD²
Alopecia (Telogen Effluvium)³
Anxiety⁴
Ankylosing Spondylitis⁵
Atherosclerosis⁶
Autism⁷
Burning Mouth Syndrome⁸
Cancer (gastrointestinal)⁹
Cardiovascular Disease^{10 11}
Celiac¹²
Chemical Intolerance¹³
Chronic Fatigue¹⁴
Chronic Obstructive Pulmonary Disease (COPD)¹⁵
Chronic Pelvic Pain Syndrome (male)¹⁶
Chronic UTIs (urinary tract infections)¹⁷
Complex Regional Pain Syndrome^{18 19}
Congestive heart failure²⁰
Crohn's/colitis^{21 22}
Diabetes, Type 1²³
Endometriosis²⁴
Eosinophilic esophagitis^{25 26}
Epilepsy²⁷
Fibromyalgia^{28 29}
GERD (gastroesophageal reflux disease)^{30 31}
Glaucoma³²
Hashimoto's³³
Hypermobility Ehlers-Danlos Syndrome (EDS)³⁴
IBS³⁵

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Idiopathic pulmonary fibrosis (IPF)³⁶
Insomnia³⁷
Interstitial Cystitis³⁸
Lipedema³⁹
Liver Disease⁴⁰
Long COVID^{41 42}
Meniere's Disease⁴³
Multiple Chemical Sensitivity⁴⁴
Multiple Sclerosis⁴⁵
OCD⁴⁶
Oral Lichen Planus^{47 48}
Osteoarthritis⁴⁹
Parkinson's^{50 51}
Postural Orthostatic Tachycardia Syndrome (POTS)⁵²
Pulmonary Fibrosis^{53 54}
Psoriasis⁵⁵
Restless Leg Syndrome⁵⁶
Rheumatoid Arthritis⁵⁷
Rosacea⁵⁸
Schizophrenia^{59 60}
Scleroderma⁶¹
Stroke⁶²
Systemic Lupus⁶³
Tinnitus⁶⁴
Uterine fibroids (uterine leiomyomas)^{65 66}
Varicose veins⁶⁷
Vitiligo⁶⁸

¹ <https://pmc.ncbi.nlm.nih.gov/articles/PMC12249794/>

² <https://link.springer.com/article/10.1007/s00787-014-0522-2>

³ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5514792/>

⁴ <https://pubmed.ncbi.nlm.nih.gov/19004805/>

⁵ <https://journals.sagepub.com/doi/full/10.1177/1759720X20971907>

⁶ <https://onlinelibrary.wiley.com/doi/abs/10.1111/j.1582-4934.2002.tb00456.x>

⁷ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4931610/>

⁸ <https://pubmed.ncbi.nlm.nih.gov/21420635/>

⁹ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3955103/>

¹⁰ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6678575/>

¹¹ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3114553/>

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