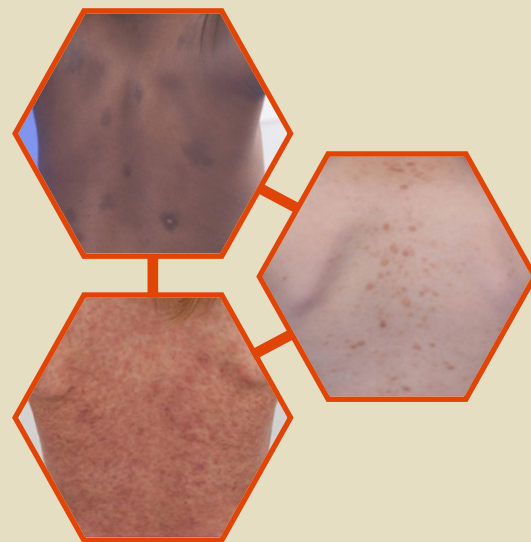


# Recognizing Mastocytosis in the Skin

Mastocytosis can present with skin involvement in the setting of localized or systemic forms of disease. Cutaneous manifestations of systemic mastocytosis (SM) provide an important early opportunity for detection. Because presentation can be variable based on age, skin tone, and lesion density, dermatologists have a pivotal role to play in identification. This infographic offers a quick reference visual guide to support early recognition and basic screening within the dermatology setting.

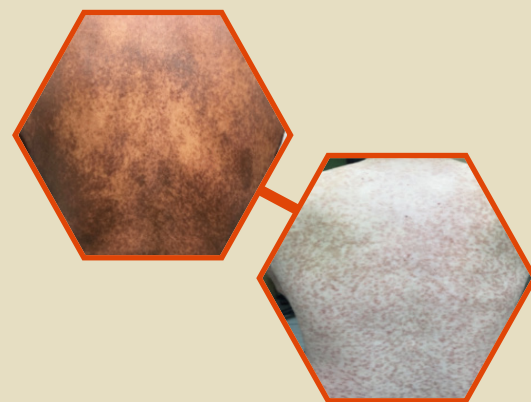
## Pediatric-Onset Mastocytosis

| Feature/Characteristic          |                                  |
|---------------------------------|----------------------------------|
| Most frequent category          | Cutaneous mastocytosis           |
| Course of disease               | Usually resolves                 |
| Anaphylaxis frequency           | <10%                             |
| Tryptase level                  | <20 µg/L                         |
| <i>KIT</i> mutation             | Exons 8, 9, 11, 17 (40%), absent |
| Morphology of cutaneous lesions | Polymorphic                      |
| Size of lesions                 | Variable                         |
| Distributions                   | Trunk, head, extremities         |



## Adult-Onset Mastocytosis

| Feature/Characteristic          |                                |
|---------------------------------|--------------------------------|
| Most frequent category          | Indolent systemic mastocytosis |
| Course of disease               | Chronic                        |
| Anaphylaxis frequency           | 50%                            |
| Tryptase level                  | Often >20 µg/L*                |
| <i>KIT</i> mutation             | D816V (exon 17) (>85%-90%)     |
| Morphology of cutaneous lesions | Monomorphic                    |
| Size of lesions                 | Small                          |
| Distributions                   | Thigh, trunk                   |



## When to Suspect Mastocytosis

- Red-brown macules, papules, and/or plaques with positive Darier's sign (swelling and redness upon stimulation)
- Flushing and/or pruritus with other suggestive symptoms on review of symptoms
- History of anaphylaxis

## Diagnostic Workup

Referral to a facility specializing in mastocytosis

- CBC with differential
- Complete metabolic panel
- Serum tryptase
- High sensitivity testing for KIT D816V
- Skin biopsy
- Bone marrow biopsy with appropriate ancillary studies

\*Approximately 15% of patients with adult-onset mastocytosis have serum tryptase levels <20 µg/L, and approximately 10% have normal tryptase levels.

Hartmann. J Allergy Clin Immunol. 2016;137:35.

Madigan. Am J Clin Dermatol. 2025;26:499. CC BY 4.0. Changes made. Gotlib. J Natl Compr Canc Netw. 2024;22:e240030