

# MNEMONIC MONDAY

## SPICES NO VICES

SP- Substance P, polyxin

I- IgE (dimerized)

C- C5a

E- E for Epsilon (E), anti-Fc $\epsilon$ RI antibody

S- Stem cell factor (Kit ligand)

N- NSAIDS

O- Opiates

V- Vancomycin

I- reminder for IgE and Fc $\epsilon$ RI antibody

C- Contrast

E- Ethanol

This mnemonic refers to mast cell degranulators (patients should avoid these triggers in mastocytosis and urticaria pigmentosa)