

BIOGRAPHICAL SKETCH			
THEOHARIS C.THEOHARIDES			
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www.mastcellmaster.com ; drtheoharides@gmail.com			
EDUCATION/TRAINING			
INSTITUTION AND LOCATION	DEGREE	YEAR	FIELD OF STUDY
Yale University, New Haven, CT	B.A.	1972	Biology & Hist. Medicine
Yale University, New Haven, CT	M.S.	1975	Neuroimmunology
Yale University, New Haven, CT	M.Phil.	1975	Immunopharmacology
Yale University, New Haven, CT	Ph.D.*	1978	Pharmacology
Yale University, New Haven, CT	M.D.	1983	Medicine
Tufts University, Fletcher School Law & Diplomacy	Certificate	1999	Leadership & Managemt
Harvard Univ, Kennedy School of Government	M.P.A.	2000- hold	Biomedical Res Policy

*Doctoral Thesis advisors: W.W. Douglas, M.D.-Royal Acad. Sciences; Paul Greengard, Ph.D.-2000 Nobel Laureate in Physiology & Medicine: Doctoral Thesis examiner, George E. Palade, M.D.- 1974 Nobel Laureate in Physiology & Medicine

A. Personal Statement-Goal: Executive position in the Biomedical/Pharmaceutical Industry

I have been studying the regulation of mast cells and their role in allergic and inflammatory diseases for over 30 years and have been committed to uncovering ways to inhibit secretion of mast cell mediators. I was the first to report that mast cells can: (a) secrete specific mediators selectively without degranulation; (b) regulate blood-brain-barrier permeability; (c) be activated by corticotropin-releasing hormone (CRH) secreted under stress to release VEGF selectively; (d) be activated by synergistic action of CRH and neurotensin; (e) can be activated by IL-33 and substance P (SP) synergistically to secrete the pro-inflammatory cytokines IL1 β and TNF; (f) secrete mitochondrial DNA (mtDNA) extracellularly that is mistaken by the body as a pathogen resulting in inflammatory reactions; (g) communicate with microglia and are involved in inflammation of the brain especially as they may relate to n the pathogenesis of Autism Spectrum Disorders, Myalgic Encephalomyelitis/Chronic Fatigue Syndrome and Mastocytosis, diseases that are often comorbid and affect multiple organs without effective treatment. We have shown that secretion of mast cell mediators is inhibited by the natural flavonoids luteolin and methoxyluteolin. I have published over 435 peer-reviewed papers (h-index 88) and have been placed in the top 5% of authors most cited in pharmacological and immunological journals.

B. Positions and Honors

Positions

1968-1971 Assistant in Research, Department of Biology, Yale University, New Haven, CT
 1971-1978 Assistant in Research, Department of Pharmacology, Yale University, New Haven, C
 1978-1983 Research Associate, Allergy & Clin. Immunology, Dept. Internal Med, Yale
 1984-1986 Associate in Clinical Immunology, Tufts University School of Medicine, Boston, MA
 1986-1993 Training in Internal Medicine, Dept. of Internal Medicine, NEMC, Center, Boston,
 1985-1992 Director of Medical Pharmacology, Tufts University School of Medicine, Boston,
 1983-1988 Assistant Professor of Pharmacology, Biochemistry and Psychiatry, Tufts University
 1989-1995 Associate Professor of Pharmacology (1989-1994), Biochemistry and Psychiatry, Tufts
 1995- Professor of Biochemistry and Internal Medicine, Tufts University School of Medicine
 1995- Professor of Pharmacology (tenured 11/2/91), and Director, Molecular Immunopharmacology and Drug Discovery Laboratory, Tufts University

Honors

- 1971 *Connecticut Commission for Undergraduate Research Award*
1971 *Yale College Dean's Award* for senior research thesis
1972 *Cum Laude & Divisional Honors* for joint Bachelor of Arts, Yale College
1972 *Theodore Cuyler Award* "for outstanding Yale College graduates," Yale University
1975-1977 *Advisory Committee to the Dean*, Yale University Graduate School
1977 *G. Papanicolaou Graduate Research Award*, Hellenic University Club of New York
1979-1983 *Medical Award*, Hellenic Medical Society of New York
1980 *Winternitz Prize* "for the best work in Pathology," Yale Univ. School of Medicine
1981-1982 *Research Fellowship*, International Inst. of Cellular & Molecular Pathology, Brussels
1986-1989 *Chairman - Neuroimmunology*, 2nd & 3rd World Conf on Inflammation, Monte Carlo
1986 *Distinguished Service Citation* for faculty excellence, Tufts University
1987-1988 *Special Faculty Recognition Award*, Tufts University School of Medicine
1987 *Member, Alpha Omega Alpha National Medical Honor Fraternity*, USA
1989-1996 *Citation for Excellence in Teaching*, Tufts University School of Medicine
1993 *Medical Awareness and Patient Support Award*, Interstitial Cystitis Association, NY
1994 *Diocean Award for Humanitarian Health Care*, Greek Orthodox Diocese of Boston
1995 *Chairman*, International Committee to Upgrade Medical Education in Greece
1997-2001 *Supreme Scientific Advisory Health Council*, Secretary of Health, Hellenic Republic
1998 *Community Service Award*, Mayor Thomas Menino of Boston, MA
1999-2002 *Supreme Health Board*, Institute of Social Welfare, Sec. of Labor & Human Res,
1999 *Oliver Smith Award* "recognizing excellence, compassion and service", NEMC
1999 *Archon of the Ecumenical Patriarchate of Constantinople*, Greek Orthodox Church
2002 *Dr. George Papanicolaou Gold Medal* for contributions in humanism and medicine
2003-2008 *National Public Health Council*, Secretary of Health, Hellenic Republic
2006 *Hygeia Award*, New Engl. Hellenic Medical & Dental Society, Boston, MA
2007 *Science and Medicine Award*, Fed. HASNE, Boston, MA
2008 *Fellow*, American Academy of Allergy, Asthma, Immunology
2009 *Fellow*, European Academy of Allergology and Clinical Immunology
2011 *Honorary Doctor of Medicine*, Athens University
2013 *Rare Diseases Hall of Fame*
2013 *Honorary Doctor of Science*, Hellenic-American University
2018 *Albert Nelson Marquis Lifetime Achievement Award* (Marquis Who is Who)
2018 *Albert Nelson Marquis Distinguished Humanitarian Award* (Marquis Who is Who)

Public Advisory Committees

- 1986- Massachusetts Drug Formulary Commission
2001-2002 NSF Div. Integrative Biology and Neuroscience
2000-2002 NIH Biobehavioral & Behavioral Processes-SS2
2002 NIH ZDK1 GRB-B (J2) Biol Neuroendoc Peptides
2002 NIH ZDK11 GRB-9 Urology Research Centers
2002 NIDDK Reparative Medicine Section (SSS-M)
2003 VA Neurobiology Section A
2004 Italian Ministry of Universities and Research
2007 ZAI1 SV-IS1 Cellular & Inflammatory Pathways
2007 NIAID Asthma & Allergic Diseases Cooperative Research Centers
2008 NIH ZRG1 CFS-D
2009 NIH ZDK1 GRB-6 Urology Research Centers
2009 SEP, National Center for Minority Health & Disparities (NCMHD)
2010 NIMSD ZRG1 MOSS-D12B SBIR: Dermatology, Rheumatology and Inflammation
2012 ZRG1 CFS-M (80) S-Chronic Fatigue Syndrome

2012 ZRG1 MOSS T12- Small Business: Dermatology, Rheumatology and Inflammation
 2012 ZRG1 MOSS-S (04) S-Musculoskeletal, Oral a& Skin Sciences
 2013 ZRG1 VH-D 02M Molecular and Cellular Hematology
 2015 ZRG1 MOSS-V (02) M Special Emphasis Panel
 2015 ZRG1 MOSS-C (02) Skin Immunology-CHAIR
 2016 ZRG1 MOSS-C (02) Skin Immunology
 2017 ZRG1 BBBP-L(40) P: RFA HD-17-009-Autism Centers of Excellence
 2017 ZRG1 IFCN-N (U54) Myalgic Encephalopathy/Chronic Fatigue Syndrome CRCs
 2017 ZRG1 IFCN-N (R21) Myalgic Encephalopathy/Chronic Fatigue Syndrome-CHAIR
 2019 ZRG1 IFCN-N (50) Myalgic Encephalopathy/Chronic Fatigue Syndrome SEP

Corporate Business Experience

1985- President and CEO, Theta Biomedical Consulting and Development Co., Inc. (MA)
 1989- Scientific Director, Algonot, LLC (FL)
 2013-17 President, AutismFreeBrain.org (non-profit, MA)
 2015- President and CEO, BiomedAdvice, LLC (MA)
 2015- President, BrainGate.org (non-profit-Greece)
 2016- President and CEO, THEOHARIS THEOHARIDES MTD (Cyprus)

Executive Health Experience

1995 Chairman, International Committee to upgrade Medical Education (Greece)
 2001-02 Consultant for graduate biomedical studies, Jeddah University (Saudi Arabia)
 1998-08 Member, *Supreme Special Scientific Health Council*, Ministry of Health (Greece)
 1999-01 Member, *Supreme Healthcare Board*, Inst. Social Welfare, Ministry of Labor and Human Resources (Greece)
 2005 Member, *Committee for Research Evaluation*, Italian Ministry of Universities and Research
 2006 Member, *National Public Health Council*, Hellenic Ministry of Health (2003-2008).
 2007 Scientific Advisor, Allergy Clinical Res Center, Attikon Hospital, Athens University (Greece)
 2017- Member, Intl. Scientific Advisory Committee, University of Cyprus Medical School (Cyprus)
 2018- Director of Health Science Programs and Research, American University in Greece

Pharmaceutical Industry Experience

1984-88 Consultant, Hoechst Pharmaceuticals (Germany)
 1998-90 Consultant,, UpJohn (MI)-Helped develop ibuprofen (motrin)
 1988-03 Consultant, Kos Pharmaceuticals (FL)-Helped develop slow-release niacin (Niaspan)
 1990- Scientific Director, Algonot, LLC (FL)-Helped develop flavonoid containing food supplements
 1991- Consultant, UCB Pharma (Blegium)-Helped develop cetirizine (Zyrtec)
 1990-98 Consultant, Muro Pharmaceuticals (MA)
 1994-99 Consultant, Galenica (Greece)
 2011-15 Consultant, Thorne research (ID)

Pharmaceutical Regulatory Experience

1986- Clinical Pharmacologist, *Massachusetts Drug Formulary Commission*
 1994-97 Special Advisor, *Hellenic National Drug Organization* (Greece)
 1994-00 Member, Board of Directors, *Instit Pharmaceutical Research and Technology* (Greece)

Other Corporate Experience

1999-2004 Scientific Advisor, International Pain Center, Hygeia Hospital (Greece)
 2000-03 Executive Committee, Board of Trustees, Hellenic College (MA)
 2003-09 Board of Directors, Brookline Education Foundation (MA)

2003-10	Board of Overseers, Brookline Education Foundation (MA)
2005, 07	Visiting Professor and Director, Allergy Research Lab, Athens Univ Medical Sch (Greece)
2018-22	Director of Health Science Programs and Research, American University in Greece

Recent Patents

- US 7,799,766 (9/21/10) Composition for treatment of hormone-dependent cancers.
- US 7,906,153 (3/15/11) Anti-inflammatory composition for treating multiple sclerosis.
- US 8,268,365 (9/18/12) Anti-inflammatory compositions for treating brain inflammation.
- US 9,050,275 (06/09/15) Methods of treating autism spectrum disorders and compositions for
- US 9,176,146 (11/3/15) Methods of screening for and treating autism spectrum disorders

Contribution to Science (selected from 425 papers in Pubmed.gov; 32,646 citations; h-index 87).

1. Mast cells secrete mediators selectively, thus participating in different biological processes.

Ever since I was a graduate student, I was fascinated by the ability of the mast cells to store or synthesize as many as 100 different biologically active mediators. As part of doctoral thesis, I showed that mast cells can secrete either the content of individual granules, without compound exocytosis, or individual mediators without degranulation. I further showed that there may be an internal mechanism regulating stimulus-secretion coupling and degranulation involving the phosphorylation of a particular protein we later cloned. The ability of mast cells to secrete individual mediators could explain their involvement in numerous pathophysiological processes and inflammatory diseases.

- a. Sieghart W, Theoharides TC, Alper LS, Douglas WW, Greengard P. Calcium dependent protein phosphorylation during exocytotic release of mast cell secretory granules. **Nature** 1978; 275:329-331. PMID: 357989
- b. Theoharides TC, Douglas WW. Secretion in mast cells induced by calcium entrapped within phospholipid vesicles. **Science** 1978; 201:1143-1145. PMID: 684435
- c. Theoharides TC, Sieghart W, Greengard P, Douglas, WW. Anti-allergic drug cromolyn may inhibit histamine secretion by regulating phosphorylation of a mast cell protein. **Science** 1980; 207:80-82. PMID: 6153130
- d. Theoharides TC, Bondy PK, Tsakalos ND, Askenase PW. Differential release of serotonin and histamine from mast cells. **Nature** 1982; 297:229-231. PMID: 6176873
- e. Theoharides TC, Kempuraj D, Tagen M, Conti P, Kalogeromitros D. Differential release of mast cell mediators and the pathogenesis of inflammation. **Immunol Rev.** 2007 Jun;217:65-78. PMID:17498052

2. Stress has pro-inflammatory effects through CRH-induced mast cell activation.

Allergic and inflammatory diseases are known to worsen with emotional and physical stress, but they has been historically considered to be of psychosomatic origin. We showed for the first time that the key hormone secreted under stress, corticotropin-releasing hormone (CRH) can be secreted outside the hypothalamic-pituitary adrenal axis and stimulate mast cells to selectively secrete pro-inflammatory mediators without degranulation, as well augment allergic triggers leading to degranulation. These findings extend out previous reports of the ability of mast cells to secrete individual mediators and expand the ability of mast cells to participate in the pathogenesis of diseases that worsen with stress, including the disruption of the blood-brain barrier, which is involved in multiple sclerosis and other inflammatory diseases of the brain.

- a. Esposito P, Chandler N, Kandere K, Basu S, Jacobson S, Connolly R, Tutor D, Theoharides TC. Corticotropin-releasing hormone and brain mast cells regulate blood-brain-barrier permeability induced by acute stress. **J Pharmacol Exp Ther.** 2002; 303(3):1061-6. PMID: 12438528

- b. Cao J, Papadopoulou N, Kempuraj D, Boucher WS, Sugimoto K, Cetrulo CL, Theoharides TC. Human mast cells express corticotropin-releasing hormone (CRH) receptors and CRH leads to selective secretion of vascular endothelial growth factor (VEGF). *J Immunol*. 2005; 174:7665-7675. PMID: 15944267
- c. Donelan J, Papadopoulou N, Marchand J, Kempuraj D, Lytinas M, Boucher W, Papaliodis D, Theoharides TC. Corticotropin-releasing hormone (CRH) induces skin vascular permeability through a neurotensin (NT)-dependent process. *Proc Natl Acad Sci USA*. 2006; 103:7759-7764. PMID: 16682628; [PMCID: PMC2840132](#)
- d. Vasiadi M, Therianou A, Sideri K, Smyrnioti M, Delivani D, Sismanopoulos N, Asadi S, Katsarou-Katsari A, Petrakopoulou D, Theoharides A, Antoniou C, Stavrianeas N, Kalogeromitros D, Theoharides TC. Increased serum CRH levels with decreased skin CRH-R1 gene expression in psoriasis and atopic dermatitis. *J Allergy Clin Immunol*. 2012; 129(5):1410-3. PMID: 22360979; [PMCID: PMC3340539](#)
- e. Asadi S, Theoharides TC. Corticotropin-releasing hormone and extracellular mitochondria augment IgE-stimulated human mast-cell vascular endothelial growth factor release, which is inhibited by luteolin. *J Neuroinflammation*. 2012 May 4;9:85. PMID:22559745

3. Mast cells are involved in inflammatory conditions.

Increasing evidence supports the involvement of mast cells not only in allergic, but also in inflammatory diseases. In order for the mast cells to play such an important role, they should be able to not only release pro-inflammatory mediators selectively, but do so in pathological quantities. We showed that when human mast cells are stimulated by the neuropeptide substance P together with the cytokine IL-33, they secrete impressive amounts of VEGF, TNF and IL-1 β without degranulation. These results indicate that mast cells can respond to neuroimmune triggers with selective release of key mediators that could contribute to the development of neuroinflammation and may explain the pathogenesis of diseases such as Autism Spectrum Disorders, Myalgic Encephalomyelitis/Chronic Fatigue Syndrome and Mastocytosis, diseases that are often comorbid and affect multiple organs without effective treatment.

- a. Theoharides TC and Canellakis ZN. Spermine inhibits induction of ornithine decarboxylase by cAMP but not by dexamethasone in rat hepatoma cells. *Nature* 1975; 255:733-734. PMID: 49027
- b. Theoharides TC, Zhang B, Kempuraj D, Tagen M, Vasiadi M, Angelidou A, Alysandratos KD, Kalogeromitros D, Asadi S, Stavrianeas N, Peterson E, Leeman S, Conti P. IL-33 augments substance P-induced VEGF secretion from human mast cells and is increased in psoriatic skin. *Proc Natl Acad Sci USA*. 2010; 107(9):4448-53. PMID: 20160089; [PMCID: 28401321](#)
- c. Theoharides TC, Valent P, Akin C. Mast cells, mastocytosis and related disorders. *New Engl J Med*. 2015; 373(2):163-72. PMID:26154789
- d. Taracanova A, Alevizos M, Karagkouni A, Weng Z, Norwitz E, Conti P, Leeman SE, Theoharides TC. SP and IL-33 together markedly enhance TNF synthesis and secretion from human mast cells mediated by the interaction of their receptors. *Proc Natl Acad Sci USA*. 2017;114(20):E4002-E4009. PMID: 28461492; [PMCID: PMC5441798](#)
- e. Taracanova A, Tsilioni I, Conti P, Norwitz ER, Leeman SE, Theoharides TC. Substance P and IL-33 administered together stimulate a marked secretion of IL-1 β from human mast cells, inhibited by methoxyluteolin. *Proc Natl Acad Sci U S A*. 2018 Oct 2;115(40):E9381-E9390. PMID:30232261

4. Mast cells, microglia and objective biomarkers in autism spectrum disorders.

Autism is still classified as a psychiatric diseases and, in spite of the discovery of numerous mutations, the pathogenesis remain unknown and there are no objective biomarkers hampering its effective treatment. We showed that the peptide neurotensin, found in the brain and the gut, is uniquely increased in the serum of children with ASD as compared to normotypic controls. We further showed that neurotensin can stimulate human cultured microglia, the innate brain immune cells, to release pro-inflammatory mediators, possibly enclosed inside extracellular microvesicles that would protect

them from degradation and allow them to reach the brain. These results support the presence of inflammation in the brain of children with ASD, possibly in the amygdala where microglia have been shown to be activated, and indicate that neurotensin could serve both as a biomarker and as a target for novel therapies. Two patents have been awarded to me as follows: US 9,050,275 (issued 06/09/15), entitled, "Methods of treating autism spectrum disorders and compositions for same" and US 9,176,146 (issued 11/3/15) entitled, " Methods of screening for and treating autism spectrum disorders and compositions for same."

- a. Tsilioni I, Dodman N, Petra AI, Taliou A, Francis K, Moon-Fanelli A, Shuster L, Theoharides TC. Elevated serum neurotensin and CRH levels in children with autistic spectrum disorders and tail-chasing bull terriers with a phenotype similar to autism. *Translational Psychiatry*. 2014; 4:e466. PMID: 25313509; PMCID: PMC5190146
- b. Tsilioni I, Taliou A, Francis K, Theoharides TC. Children with autism spectrum disorders, who improved with a luteolin-containing dietary formulation, show reduced serum levels of TNF and IL-6. *Translational Psychiatry*. 2015;5:e647. PMID:26418275
- c. Theoharides TC, Tsilioni I, Patel AB, Doyle R. Atopic diseases and inflammation of the brain in autism spectrum disorders. *Translational Psychiatry*. 2016; 6(6):e844. PMID:27351598; PMCID: PMC4931610
- d. Patel AB, Tsilioni I, Leeman SE, Theoharides TC. Neurotensin stimulates sortilin and mTOR in human microglia inhibitable by methoxyluteolin, a potential therapeutic target for autism. *Proc Natl Acad Sci*. 2016; 113: E7049–E7058. PMID:27663735; PMCID: PMC5111711
- e. Tsilioni I, Patel A, Pantazopoulos H, Barretta S, Conti P, Leeman SE, Theoharides TC. IL-37 is increased in brains of children with autism spectrum disorder and inhibits human microglia stimulated by neurotensin. *Proc Natl Acad Sci USA*. 2019;116(43):21659-21665. PMID:31591201

5. Luteolin and methoxyluteolin have potent anti-oxidant and anti-inflammatory actions.

In spite of the involvement of mast cells in allergic and inflammatory diseases, there no clinically effective inhibitors of the secretion of mast cell mediators, except for the "mast cell blocker" cromolyn, which is a weak inhibitor of histamine secretion and shows rapid tachyphylaxis. My lab has been committed to uncovering ways to regulate secretion of mast cell mediators for which there is no clinically effective drug since the only "mast cell blocker" cromolyn We have shown that secretion of mast cell mediators is inhibited by the natural flavonoids luteolin and methoxyluteolin. The US patent no. 8,268,365 (issued 9/18/12) entitled, " Anti-inflammatory compositions for treating brain inflammation" has been awarded to me and involves flavonoid combinations now available in unique dietary supplements.

- a. Middleton E Jr, Kandaswami C, Theoharides TC. The effects of plant flavonoids on mammalian cells: implications for inflammation, heart disease, and cancer. *Pharmacol Rev*. 2000; 52(4):673-751. PMID: 11121513
- b. Kandere-Grzybowska K, Kempuraj D, Cao J, Cetrulo CL, Theoharides TC. Regulation of IL-1 induced selective release of IL-6 from human mast cells and inhibition by quercetin. *Br J Pharmacol*. 2006;148(2):208-15. PMID:16532021; PMCID: PMC1617055
- c. Weng Z, Patel AB, Panagiotidou S, Theoharides TC. The novel flavone tetramethoxyluteolin is a potent inhibitor of human mast cells. *J Allergy Clin Immunol*. 2014; 135(4):1044-1052.e5. PMID: 25498791; PMCID: PMC4388775
- d. Patel AB, Theoharides TC. Methoxyluteolin Inhibits neuropeptide-stimulated proinflammatory mediator release via mTOR activation from human mast cells. *J Pharmacol Exp Ther*. 2017;361(3):462-471. PMID:28404689
- e. Theoharides TC, Tsilioni I. Tetramethoxyluteolin for the Treatment of Neurodegenerative Diseases. *Curr Top Med Chem*. 2018;18(21):1872-1882. PMID:30451113

For a full list of my publications, please copy and paste into a browser the following link:

<https://www.ncbi.nlm.nih.gov/pubmed/?term=theoharides>

D. Research Support

Ongoing Research Support

Anonymous donation

Duration 1/1/17-12/31/19

PI: Theoharides

Expression of Neurotensin and its receptors in brains of children with autism

Anonymous donation

Duration 1/1/17-12/31/19

PI: Theoharides

Identification of exosomes in serum of children with autism and effect on cultured human microglia

Solve ME/CFS Initiative 2018 Ramsay Award

Duration 11/1/18-12/31/19

PI: Theoharides

Role of extracellular vesicles in Myalgic encephalomyelitis/chronic fatigue syndrome

Completed Research Support

Veritas Grants

Duration 1/1/18-12/31/19

PI: Theoharides

Effect of mycotoxins on human microglia

Pfizer #WI194875

Duration 1/1/15-12/31/16

PI: Theoharides

Effect of inflammasome in psoriasis

National Psoriasis Foundation Translational Award

Duration:6/1/13-5/31/15

PI: Theoharides

The role of the novel mTOR pathway in psoriasis and the effect of methoxyluteolin

Autism Research Institute

Duration: 7/1/14-6/30/15

PI: Theoharides

Serum levels of CRH, neurotensin and mitochondrial DNA in children with autism

NIH 1 R01 NS071361-05

Duration: 7/1/10-6/30/15

PI: Theoharides

Brain mast cells and chronic fatigue syndrome

NIH 1 R01 NS066205-04

Duration: 7/1/10-6/30/15

MPI: Veves and LoGerfo; Role: Subcontract

Role of neuropeptides in diabetic foot problems

Michael S. and Katherine V. Johnson Family Fnd

Duration:01/15/14-06/30/15

Serum levels of SP, CRH and IL-33 in fibromyalgia patients

NIH 2 R01 AR047652-11

Duration: 9/1/2007-3/31/2012

PI: Theoharides

Stress induces skin mast cell activation and vasodilation