

# Do You Have Chronic Urticaria (Hives)?

Chronic urticaria (CU), also known as chronic hives, are welts that last for more than six weeks. They often return over months or years.

CU can be frustrating and uncomfortable. Treatment and management help is available.

## Do You Have Chronic Urticaria (Hives)?

### Main Symptoms of Chronic Urticaria

1. Welts (or wheals), which can vary in size and color depending on your skin tone.
2. The rash can be tiny bumps or large raised patches of different shapes and sizes and can affect any part of the body.
3. It can cause itchy and sometimes painful hives or wheals (raised rash or patches) on the skin with no known obvious cause or trigger.
4. Sometimes the rash can be accompanied by swelling called angioedema.

## Chronic Urticaria VS Chronic Spontaneous Urticaria

Most people with chronic hives do not know the cause.



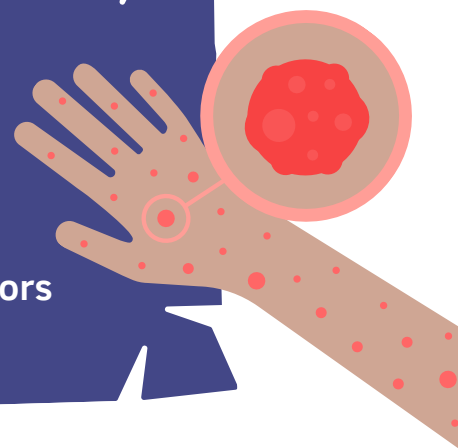
Chronic hives without a known trigger are called chronic idiopathic or chronic spontaneous urticaria (CSU).

CU is triggered by external factors:

- Cold
- Heat
- Pressure
- Allergy
- Other factors in the environment

CSU is triggered by internal factors:

- Stress
- Autoimmune conditions
- Infections
- Other internal factors



## Related Conditions

Some diseases often co-occur with chronic urticaria.

The following conditions are examples of those that may manifest alongside chronic urticaria:

- THYROID DISORDERS
- CELIAC DISEASE
- TYPE 1 DIABETES
- RHEUMATOID ARTHRITIS
- SYSTEMIC LUPUS ERYTHEMATOSUS

## What now?

To diagnose your chronic hives, your doctor will ask about your health history, do a physical exam, and may request tests (such as a complete blood count and autologous serum skin test or ASST) and a skin biopsy.



Talk with your doctor about evidence-based treatment and management options—including second-generation antihistamines, short-term corticosteroids, biologic and immunosuppressant medications – as well as your quality of life, sleeping problems, and mental health status.

### After being diagnosed:



If a treatment is not working for you and your symptoms are affecting your daily life, talk to your doctor about other available therapies.



If you identify triggers for your hives, discuss strategies for avoiding these in your daily life.



Explore helpful self-management approaches, such as tracking your symptoms, using cool compresses, wearing loose clothing, and opting for mild soaps.



## IT'S TIME TO TAKE ACTION!

You are not alone. There is hope for managing your chronic hives. Consider these resources to support you on your journey and connect with others who understand what you are experiencing:

[Information about Chronic Hives](#)



[The Chronic Urticaria Patient Charter](#)



[Chronic Urticaria Shared Decision-Making Tool](#)

