

A PATIENT CHARTER FOR CHRONIC URTICARIA

A Summary for People with CU and Their Families

5 IMPORTANT PRINCIPLES

People with chronic urticaria (CU) and their families deserve accurate, timely diagnosis and care that addresses symptoms and the impact of the condition on everyday life.

In 2023, a group of people with CU, patient advocates, healthcare providers, and industry partners published A Patient Charter for Chronic Urticaria. This document states what patients with CU can expect to receive from their care.



1 I DESERVE AN ACCURATE AND TIMELY DIAGNOSIS OF MY CU

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Getting an accurate CU diagnosis can take years. You deserve a clear diagnosis without unnecessary delays and an understanding of steps to take after diagnosis.

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2 I DESERVE ACCESS TO SPECIALTY CARE FOR MY CU

If a diagnosis is uncertain or a provider does not have experience in CU, you deserve to be seen by a specialist. These providers should use CU treatment and management guidelines and have experience treating your condition.



3 I DESERVE ACCESS TO INNOVATIVE TREATMENTS THAT REDUCE THE BURDEN OF CU ON MY DAILY LIFE

Treatments for CU do not cure the disease, but can help to decrease or eliminate symptoms. Given that not all patients respond to first-line treatments such as antihistamines, you deserve to be told about and access innovative treatments to improve your symptoms and everyday life.

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4 I DESERVE TO BE FREE OF UNNECESSARY TREATMENT-RELATED SIDE EFFECTS DURING THE MANAGEMENT OF MY CU

While all treatments can have side effects, you deserve to avoid unnecessary side effects. As part of shared decision-making (SDM), you and your provider should discuss the side effects of medications such as sedating antihistamines and long-term oral corticosteroid therapy.



5 I EXPECT A HOLISTIC TREATMENT APPROACH TO ADDRESS ALL THE COMPONENTS OF MY LIFE IMPACTED BY CU

We know CU can impact many things, including sleep, daily activities, and mental health, and can lead to feelings of depression, anxiety, and isolation. You deserve care that focuses on CU symptoms as well as mental health and quality of life.

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Know you have a role in your treatment decisions and that you deserve care that follows the principles above. Speak openly with your provider and share how CU impacts your life. Look for quality information about your condition and seek support from others who understand your experience. You are not alone.

Access the full charter publication

