

Urticaria

What is it?



- **Urticaria**– is an itchy skin eruption characterized by welts with pale interiors and well-defined red margins; a skin reaction
 - **Chronic**- 40 to 60% have an autoimmune cause of their urticaria, more likely in females

Symptoms:

- **Symptoms**- itchy, swollen, red areas of skin that appear quickly in response to an allergen, hives, raised white lumps, welts, intense itching and burning sensations; inflammation of the skin, nettle rash, roseola, mild to severe leading to anaphylactic shock; mild redness, swelling of the skin; may spread quickly



Facts:

- **Caused by**- an allergic reaction to certain foods (nuts, shellfish, eggs, milk, tomatoes, chocolate, fresh berries), medications, infection, insect bites, spider bites, fleas, inhalants, exercise, emotional stress, anxiety, nervous condition, pollen, dust, mold spores, animal hair, exposure to heat or cold; skin contact with chemicals, plants and textiles
- **80% of Cases**- cause is unknown
- **Risk**- males and females are at equal risk to develop urticaria, female are more likely to develop chronic urticaria; commonly affects people in the 40's and 50's
- **15 to 20%**- of people in the United States have urticaria at some point in their lives, same worldwide as in the United States

• What can I do?

- **See your Health Care Provider**- for more information
 - **Treatment**- antihistamines, corticosteroids, and other medications for allergic reactions, allergy shots

