

## **Chronic Urticaria (Hives)**

### **Take Home Points**

1. Most cases of chronic urticaria are idiopathic (no known cause). They are **not** an allergic reaction to foods, environmental allergens, medications, dyes, or personal care products.
2. Chronic urticaria is rarely a sign of an underlying disease. Most cases do not need extensive diagnostic testing, such as blood work or skin testing.
3. Nearly half of cases of chronic urticaria are associated with swelling, called angioedema.
4. Chronic urticaria can severely affect quality of life and may cause depressed mood, anxiety, and sleep disturbance.
5. Chronic urticaria is typically treated with antihistamines, but some cases require more specialized medications.
6. Chronic urticaria is rarely permanent and usually resolves on its own within months to years.