

Chronic Hives (Urticaria) Quiz

Chronic hives (urticaria) are often misunderstood by patients and even medical providers. Unlike acute hives, which typically go away within hours to days, chronic hives last more than six weeks. Chronic hives are rarely caused by an “allergic reaction,” and patients are therefore frequently frustrated by the lack of identifiable cause for their hives. Nevertheless, there are safe and effective treatments for chronic hives. This short quiz provides patients with basic information on chronic hives, which will hopefully improve patient understanding and satisfaction with the diagnosis and treatment of this condition.

- 1. What is the most common cause of chronic hives?**
 - A. Food allergies
 - B. No identifiable trigger
 - C. Medications
 - D. Lotions
 - E. Pets

- 2. What medications are usually used as the first choice for treatment of hives?**
 - A. Steroid injections
 - B. Allergy shots (immunotherapy)
 - C. Antihistamines
 - D. Topical creams
 - E. Anti-inflammatory medications like ibuprofen

- 3. What testing should be routinely done for a patient with chronic hives?**
 - A. Skin testing for allergies
 - B. Skin biopsy
 - C. Blood work
 - D. No testing is usually necessary
 - E. Genetic Testing

- 4. Which of these is a bothersome aspect of chronic hives?**
 - A. Itching
 - B. Cosmetic appearance
 - C. Unpredictability
 - D. Associated swelling
 - E. All of the above

- 5. What can individuals with chronic hives expect?**
 - A. Symptoms to get better on their own in months to years
 - B. Risk for anaphylaxis
 - C. Use of topical steroids for treatment
 - D. Controlling symptoms by following a limited diet
 - E. Treatment with allergy shots