

Chronic Idiopathic Urticaria (CIU) and Angioedema

FS-C01



Chronic urticaria refers to hives that persists for 6 weeks or more. **This is a form of autoimmune skin disorder.** In over 95% of cases, the cause cannot be identified.

It is a frustrating condition which comes and goes. The positive aspect about this condition is that it is not caused by food allergy and thus food restriction is not necessary. Also, it is not contagious and non-fatal. Over 80% of cases will go into remission within two years.

The first line of therapy is to use non-sedating H1 antihistamines such as **Blexton 20 mg or Rupall 10 mg in the morning and Atarax 10–25 mg at bed time when necessary.** In severe cases, oral prednisone may be required. For severe and persistent chronic urticaria and angioedema, **biologic therapy such as Xolair (omalizumab)** may be indicated.

Urticaria = Hives
Angioedema = Swelling
The two are synonymous