

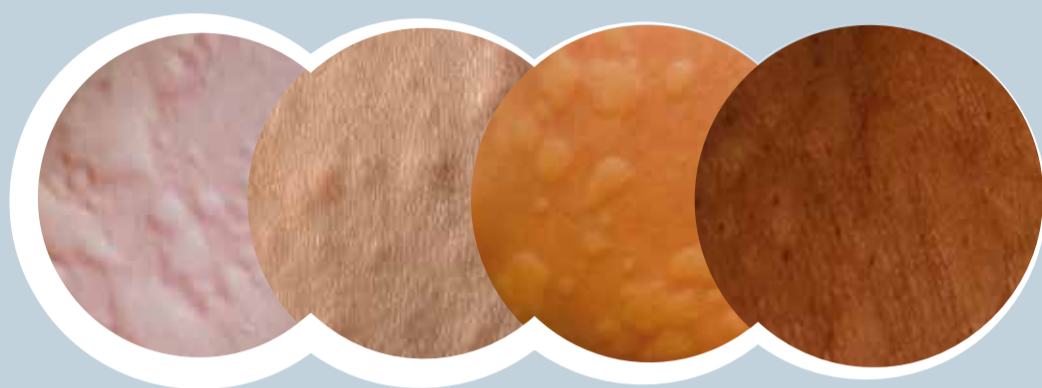
Chronic Spontaneous Urticaria (CSU)

What is Chronic spontaneous urticaria?

Chronic; wheals (urticaria) must be present daily for at least six weeks

Spontaneous; because symptoms appear with no obvious trigger.

Urticaria; can often be called hives or nettle rash

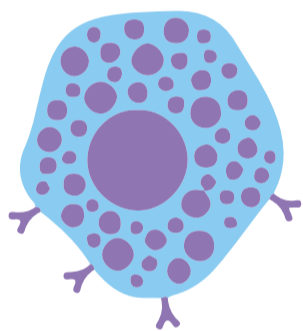


CSU appears as a raised rash often surrounded by inflamed skin, it can look like tiny bumps or large raised patches and appear on any part of the body.

Sometimes the rash can be accompanied by swelling (angioedema).

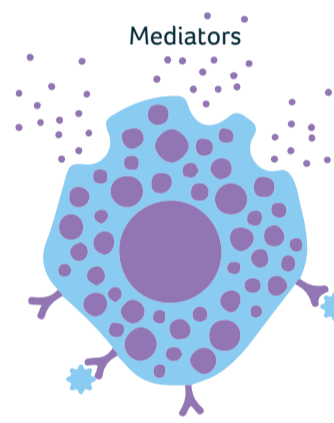
What causes CSU?

In the body mast cells circulate in the blood and help the immune system to reduce inflammation, fight infection and support wound healing.



Resting Mast Cell

When you experience urticaria, mast cells in the immune system are activated due to a signal (trigger) and release chemicals, including histamine, into the skin tissue, causing the red itchy raised rash often referred to as hives.



Activated Mast Cell

Researchers think that CSU may be caused by autoimmune disease in up to 50% of people with CSU, the immune system mistakes its own cells as harmful and activates cells, including mast cells, causing the symptoms of urticaria.

Can allergy trigger CSU? NO. CSU is not caused by allergy so elimination diets, and avoidance of usual allergic triggers do not help to manage CSU.

Tips to help manage CSU



Trying not to scratch



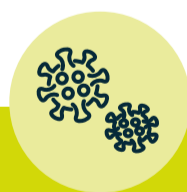
Apply emollient



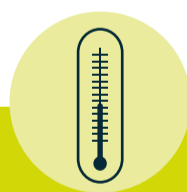
Wear loose, light clothing



Avoid Stress



Avoid Infection



Avoid extreme temperatures



Avoid certain medications



Avoid Alcohol and Caffeine



It is important to seek help if:

- Your symptoms are not well controlled, and/or are affecting your day to day activities, and/or your mental health
- Antihistamines are needed continuously to control symptoms for more than six weeks
- Symptoms are painful and persistent

If you feel your symptoms are not well controlled it is important that you seek advice from a healthcare professional.

We're here to help

Contact our Helpline Monday-Friday, 9am-5pm

Call: 01322 619898

Webchat: [allergyuk.org](https://www.allergyuk.org)

Email: info@allergyuk.org

More info on CSU visit: www.allergyuk.org



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