

Living with chronic spontaneous urticaria (CSU)

CSU can have a significant impact on your quality of life



Sleep



Wellbeing



Social



Confidence



Work/Study

The persistent itch, swelling and unpredictable flare-ups affect **sleep, daily life, emotional wellbeing** and cause significant **anxiety**.

Take control of your CSU journey:

- 1 Learn more:**
Visit www.allergyuk.org for trusted advice and practical tips.
- 2 Be appointment ready:**
List and take pictures of your symptoms, prepare questions and understand your treatment options.
- 3 Explore treatment options:**
The right treatment can help you take control of your symptoms.



www.allergyuk.org