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Session Number and Title: **U008: Urticaria Management**

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Clinical Pearls:

1. Chronic Urticaria (CU) affects up to 1% of the population at any given time.
2. Studies suggest that although the duration of Chronic Urticaria is generally 1–5 years, it is likely to be longer in patients with higher age, Females, concurrent angioedema, inducible urticaria, A positive autologous serum skin test, Metabolic syndrome and NSAID Hypersensitivity.
3. EAACI guidelines recommend to use limited diagnostic measures in chronic urticaria.
4. Goal of treating urticaria is treat the disease until it is gone.
5. Second generation H1 antihistamines are to be used as first line treatment of urticaria. Updosing of antihistamines is recommended if there is no response.
6. Third line treatment includes omalizumab and cyclosporine to control urticaria.

References:
5. Zuberbier et al Allergy 2018 May;73(5):1145–1146

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