

# Chronic urticaria gets in the way of living a normal life



Symptoms last for six weeks or more<sup>1,2</sup>:



**Burning or stinging rash or hives**



**Persistent itch**



**Sudden and sometimes painful swelling in the deeper layers of the skin, often in the hands, feet, and face**

Up to two-thirds of people with chronic urticaria have chronic spontaneous urticaria – a form of the condition that can occur unpredictably without an identifiable trigger<sup>1</sup>.

The devastating impact of chronic urticaria is more than skin deep<sup>3</sup>:

**You might have a dreadful night's sleep or suffer psychologically...**

People with chronic urticaria report:

- **Sleep difficulties, including insomnia**
- **Anxiety**
- **Depression**

...almost **twice as often** as people without the condition.



**...struggle while at work**

People with chronic urticaria report:

- **Turning up to work ill and performing at a poor standard**

...almost **twice as often** as people without the condition.

**...and have your life interrupted by visits to the doctor.**

People with chronic urticaria visit:

- **Clinics** (family doctor, allergist, dermatologist)
- **Emergency rooms**

...almost **twice as often** as people without the condition.



**Sound familiar?**

**It can take people with chronic urticaria 5 years to find a treatment that works for them<sup>1</sup>.**

Up to **50% of patients** find antihistamines do not relieve their symptoms sufficiently<sup>1</sup>.



**Go to your doctor and talk about your symptoms and what kind of help is available for you.**

Dermatologists and allergists specialized in chronic urticaria can help you find a treatment that works for you.



Visit [www.skintolivein.com](http://www.skintolivein.com) to learn more about chronic urticaria.

## References

1. Maurer M *et al.* Unmet clinical needs in chronic spontaneous urticaria a GA2LEN task force report. *Allergy*; 2011;66:317-330.
2. Axelrod S, Davis-Lorton M. Urticaria and Angioedema. *Mt Sinai J Med*; 2011;78:784-802.
3. Balp M-M *et al.* The Impact of Chronic Urticaria from the Patient's Perspective: A Survey in Five European Countries. *Patient*; 2015;6:551-8.