

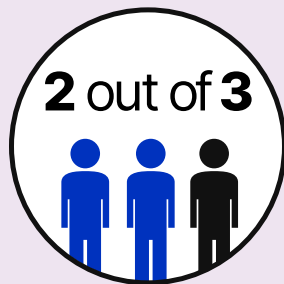
Never Just Hives

# What is chronic spontaneous urticaria (CSU)?

Actor portrayal.

## CSU, or chronic hives with no known trigger, is a serious condition

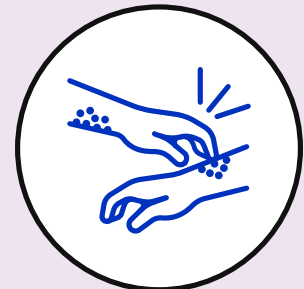
The flares come and go for 6 weeks or more, often for several years. CSU is different from other forms of chronic hives, such as chronic inducible urticaria (CIndU), that can be triggered by external factors such as foods, cold, heat, and sweat.



Two out of every 3 people with chronic hives may have CSU.



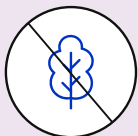
Women are 2x more likely to experience chronic hives.



Chronic hives can lead to repeated flares of itching, pain, and swelling.

## What causes chronic hives?

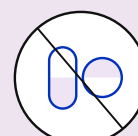
It's natural to look for what causes your chronic hives. The factors below—including what you ate, wore, or touched—do not trigger CSU flares, but some may worsen symptoms in certain individuals.



Allergies



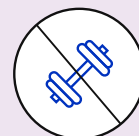
Friction



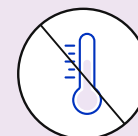
Certain drugs



Stress



Exercise

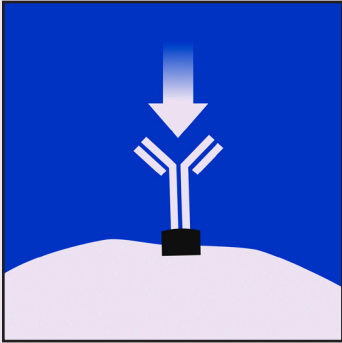


Temperature

If external triggers aren't causing chronic hives, what is? **Find out on the next page.**

# An overactive immune system

## A potential cause of your CSU



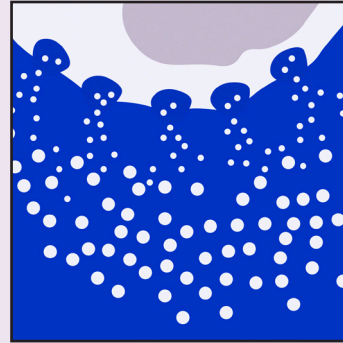
### Overactive immune system

CSU is believed to start with the immune system getting confused by an unknown internal cause and mistakenly reacting to an internal trigger.



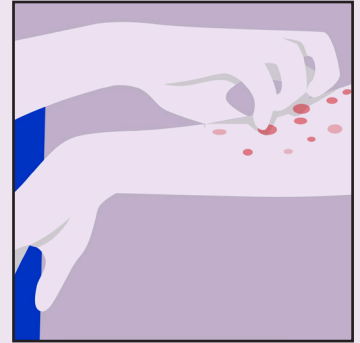
### An unnecessary immune response

Like a chain reaction, the mistaken signal is passed through the immune cells.



### Histamine release

The signal causes the cells to release a large amount of histamine.



### The common symptoms

The result is the common symptoms of CSU, including itchy hives and severe swelling under the skin (angioedema).

**If you've been diagnosed with CSU, searching for external triggers won't help you find relief; in fact, it can prolong finding relief.**

**Knowing that your type of chronic hives is not caused by allergies can help you focus on solutions and have a more productive discussion with your health care provider.** If you have chronic hives, make sure you are tracking your symptoms, when they occur and when they stop, and their impact on your daily life. If you think you might have chronic hives, you should make an appointment to see an allergist or dermatologist, specialists who are experienced in treating this condition.



### Stay in the know about chronic hives.

Keep up-to-date on the latest chronic hives information and get resources sent straight to you. **Sign up now!**

