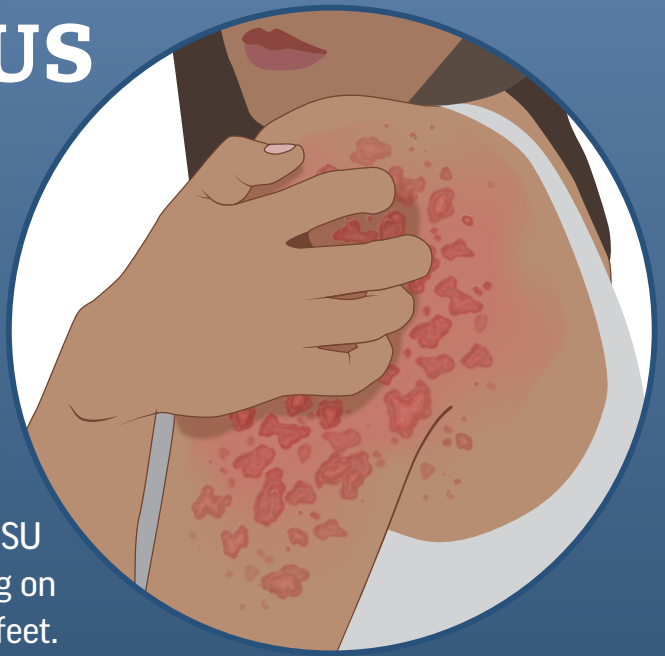


# CHRONIC SPONTANEOUS URTICARIA: RISK FACTORS



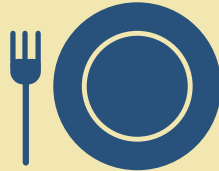
**Chronic spontaneous urticaria (CSU)** is hives that pop up on your skin for at least 6 weeks. CSU causes red, very itchy, burning, blotchy hives, also called wheals. They can show up anywhere on your body. Almost half the people with CSU also have angioedema, or deeper swelling on their face, eyelids, lips, throat, hands, or feet.

You and your doctor may not be able to figure out exactly what's causing your CSU hives, but we do know several common triggers, including some you may be able to avoid.



## Things in the world around you:

- Cold exposure or weather
- Living in a new home
- Tight, clingy clothing or waistband
- Sunlight
- Water: a dip in the pool or a bath
- Pet dander

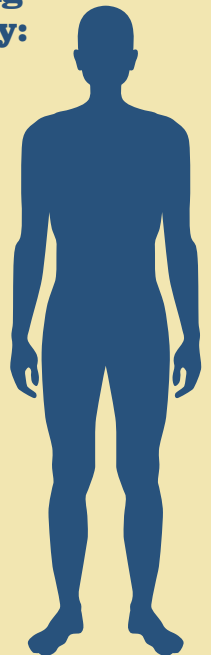


## Things you put in your body:

- Alcoholic drinks
- Caffeine
- Seafood, especially if it's spoiled
- Food coloring and preservatives
- Spicy foods

## Things happening in or to your body:

- Obesity, especially excess belly fat
- Scratching or rubbing your skin
- Sweating on hot days or at the gym
- Insomnia
- Stress
- Low vitamin D
- Autoimmune thyroid disease, like Hashimoto's thyroiditis
- Vitiligo



Medically Reviewed by Neha Pathak, MD, on November 7, 2023

SOURCES: UpToDate: "Chronic spontaneous urticaria: treatment of refractory symptoms." American Academy of Allergy, Asthma, and Immunology: "Hives (Urticaria) and Angioedema Overview." DermNet New Zealand Trust: "Chronic spontaneous urticaria." *Allergy, Asthma, and Immunology Research*: "Prevalence and Risk Factors of Urticaria With a Focus on Chronic Urticaria in Children." *Annals of Dermatology*: "Can Body Mass Index and/or Waist Circumference Be the Risk Factors of Chronic Spontaneous Urticaria?: A Nationwide Population-Based Study." *Medicine*: "Risk factors of chronic urticaria among nurses with insomnia: a nationwide, population-based study." *Dermatology Practical & Conceptual*: "Diet and Chronic Urticaria: Dietary Modification as a Treatment Strategy." NHS inform: "Urticaria (hives)." *Emergency Medicine Journal*: "Histamine fish poisoning: a common but frequently misdiagnosed condition." American Academy of Dermatology: "10 Ways to Get Relief From Chronic Hives." American Osteopathic College of Dermatology: "Urticaria." American Lung Association: "Pet Dander." Australasian Society of Clinical Immunology and Allergy: "Hives (Urticaria)."