

# What is chronic idiopathic urticaria (CIU)?

CIU is a skin condition that is defined by hives, angioedema or both, appearing without warning, lasting **for at least six weeks** and having no identifiable trigger.<sup>1</sup>

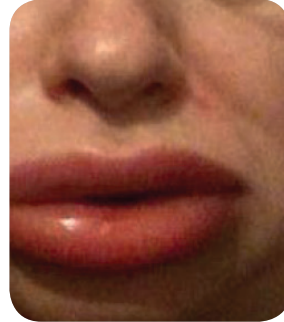
## Hives

Raised and itchy lumps on the skin<sup>1</sup>



## Angioedema

Skin swellings that affect the eyes, lips, genitals, hands, feet and inside the throat<sup>1,2</sup>



Patients with CIU experience daily or almost daily occurrence of itchy hives, angioedema<sup>3</sup>

- It has been estimated that between 33-67% of patients with CIU exhibit both hives and angioedema<sup>4</sup>
- In up to 13% of cases, only angioedema is present<sup>4</sup>



CIU does not appear to be an allergic reaction in the classic sense:<sup>5</sup>

- IgE antibodies are not involved
- It doesn't need a trigger such as external allergens

## Burden of CIU

- Nearly 1 in 7 patients visited an emergency room in the last 12 months due to CIU<sup>6†</sup>
- 1 in 3 patients reported that CIU has a considerable effect on their daily non-work life<sup>6†</sup>
- Angioedema significantly affected quality of life, particularly emotional well-being<sup>6†</sup>
- CIU has been shown to be a distressing disease that has a **substantial impact on quality of life**<sup>7-10</sup>

Impact of **CIU** symptoms:<sup>7-10</sup>



Sleep deprivation



Lack of energy



Depression



Anxiety



Social isolation

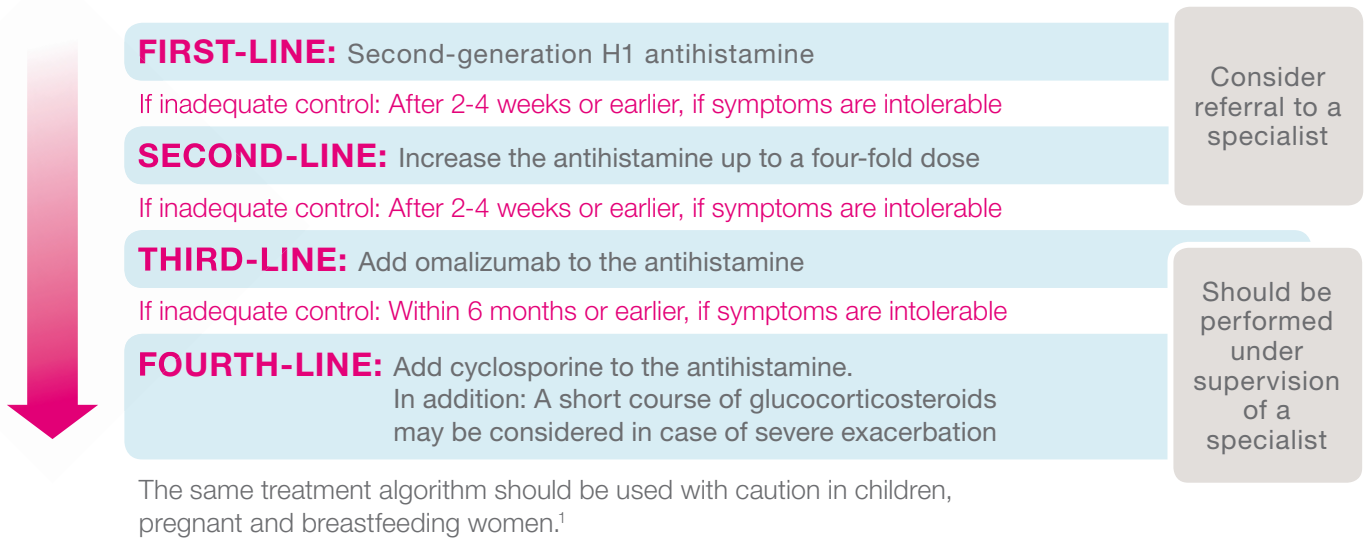


Emotional upset

If you recognize signs or symptoms of CIU, tell your patient to talk to their doctor.

<sup>†</sup> Results from the ASSURE-CSU study, a 12-month noninterventonal, international, multicenter retrospective medical record abstraction from a total of 673 patients with CIU whose symptoms persisted for more than 12 months despite treatment.<sup>6</sup>

# International recommendations for the treatment of urticaria<sup>1†‡</sup>



If you see patients showing symptoms of CIU, tell them to discuss different treatment options with their doctors.

## A few questions to start a discussion about CIU with your patients

- ? Has there been spontaneous occurrence of wheals (hives) in the last few months and lasting for more than 6 weeks?
- ? Can you please describe the shape, size, frequency/duration and distribution of your wheals (hives)?
- ? Has there been any spontaneous occurrence of skin swelling (angioedema) in the last few months and lasting for more than 6 weeks?
- ? Do episodes of hives last **less** than 24 hours?
- ? Do episodes of angioedema last **less** than 72 hours?

† From the EAACI: European Academy of Allergy and Clinical Immunology; GA<sup>2</sup>LEN: Global Allergy and Asthma European Network; EDF: European Dermatology Forum; WAO: World Allergy Organization, 2017 Guidelines for the definition, classification, diagnosis and management of urticaria.

‡ Refer to guidelines for complete recommendations.

**References:** 1. Zuberbier T, Aberer W, Asero R, *et al.* The EAACI/GA<sup>2</sup>LEN/EDF/WAO Guideline for the definition, classification, diagnosis, and management of urticaria: the 2017 revision and update. *Allergy*. Accepted manuscript 15 January 2018. doi: 10.1111/all.13397. 2. Angioedema. Dictionary.com. Available at: <http://www.dictionary.com/browse/angioedema>. 3. Mathias S *et al.* Development of a daily diary for patients with chronic idiopathic urticaria. *Ann Allergy Asthma Immunol*. 2010;105:142-148. 4. Maurer M *et al.* Unmet clinical needs in chronic spontaneous urticaria. A GA<sup>2</sup>LEN task force report. *Allergy* 2011;66(3):317-30. 5. World Allergy Organization. Urticaria and Angioedema: Synopsis. 6. Maurer M. The burden of chronic spontaneous urticaria is substantial: Real-world evidence from ASSURE-CSU. *Allergy* 2017; ePub ahead of print. 7. Maurer M, Ortonne J-P, Zuberbier T. Chronic urticaria: a patient survey on quality-of-life, treatment usage and doctor-patient relation. *Allergy* 2009; 64: 581-88. 8. Kang MJ, Kim HS, Kim HO, Park YM. The impact of chronic idiopathic urticaria on quality of life in Korean patients. *Ann Dermatol* 2009; Aug; 21(3): 226-9. 9. Staubach P, Dechene M, Metz M *et al.* High prevalence of mental disorders and emotional distress in patients with chronic spontaneous urticaria. *Acta Derm Venereol* 2011; 91: 557-61. 10. Barbosa F, Freitas J, Barbosa A. Chronic idiopathic urticaria and anxiety symptoms. *J Health Psychol* 2011; 16(7): 1038-47.