

# What Is Chronic Spontaneous Urticaria (CSU)?

Commonly known as chronic hives, CSU can be hard to handle — but treatment is available

Chronic spontaneous urticaria (CSU) is the medical term for hives that:

- Have no known cause
- Last a long time

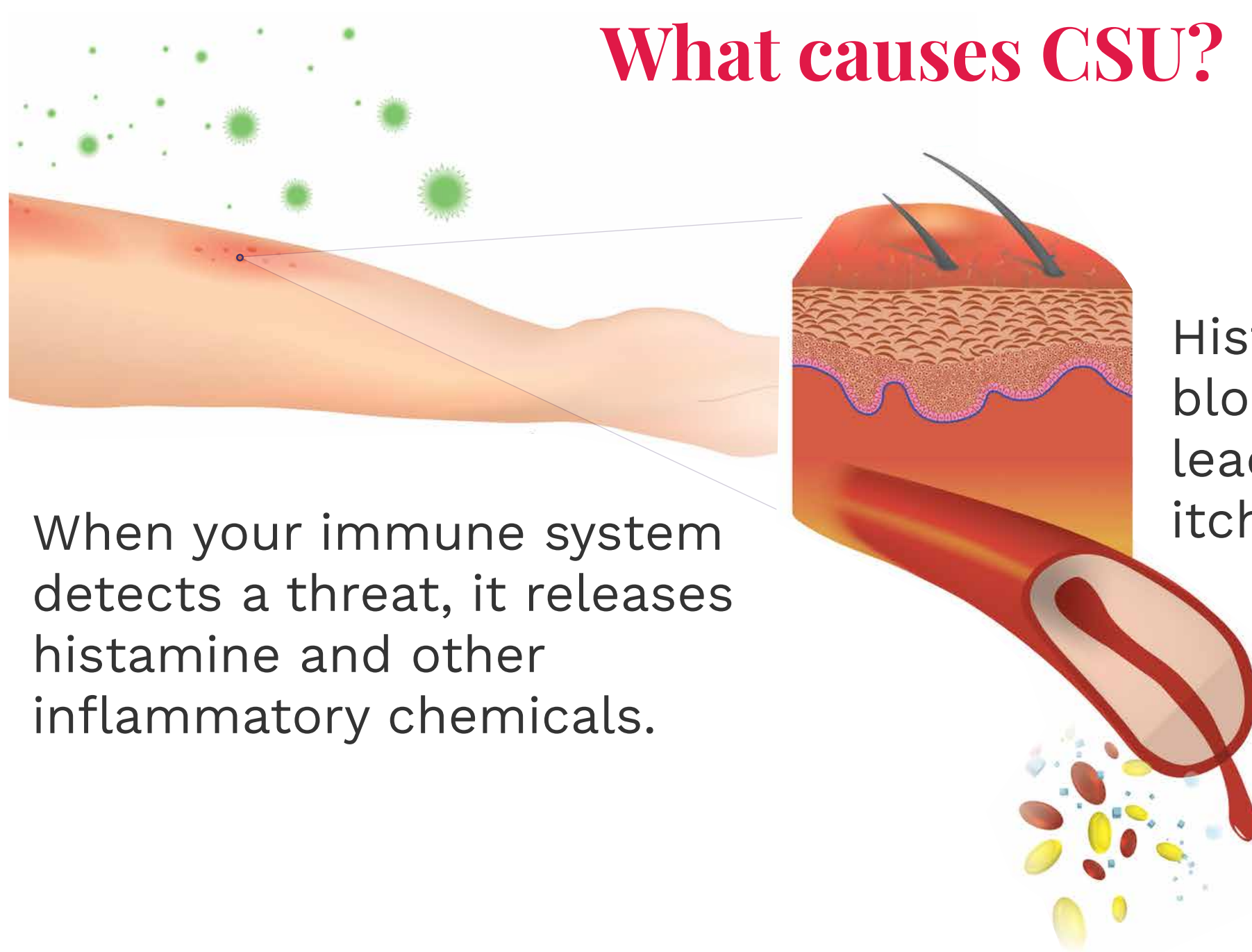
Chronic = Lasts for 6 weeks or longer

Spontaneous = No obvious cause or trigger

Urticaria = Red and itchy raised welts or patches on the skin (hives)



## What causes CSU?



When your immune system detects a threat, it releases histamine and other inflammatory chemicals.

Histamine can widen blood vessels, which can lead to skin swelling, itchiness and redness.

## What triggers hives?

Common triggers of hives usually include:



Allergies



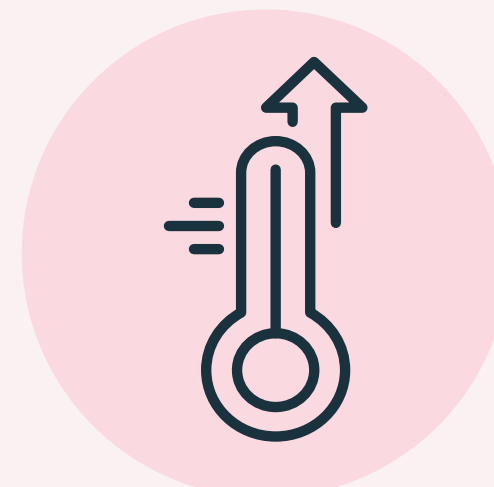
Bacterial infections, including UTIs and strep



Viral infections, including colds and mono



Certain medicines, including antibiotics and ibuprofen



Extreme hot or cold temperatures

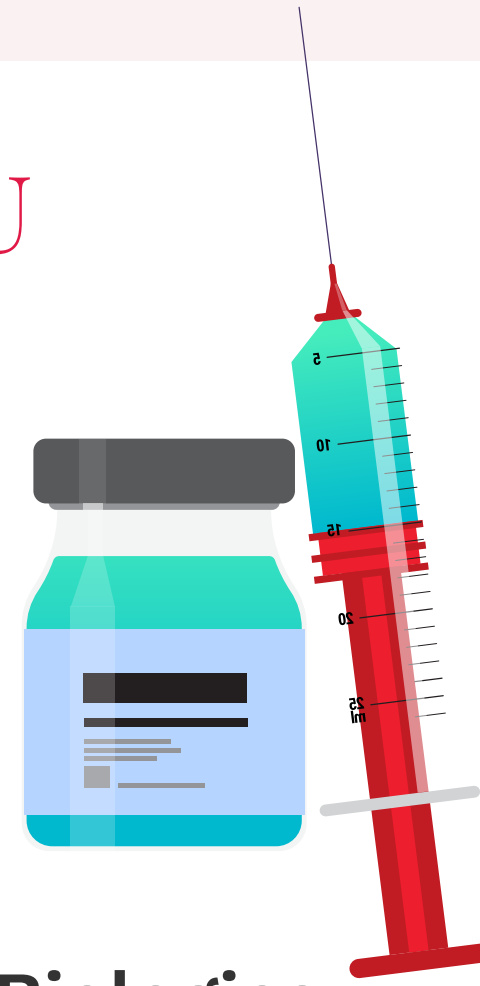
Unlike other types of hives, CSU usually has no identifiable trigger and the cause is unknown. But it is often linked to type 2 inflammation.

**Type 2 inflammation** = an overactive immune response that can contribute to inflammatory conditions.

## Treatments for CSU



Antihistamines used first



Biologics

(monoclonal antibodies that target the immune system) if symptoms still aren't controlled

## Help for CSU

If you have hives that last 6 weeks or longer or keep coming back, talk to your primary care provider, dermatologist or allergist.

