URTICARIA

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URTICARIA

- **Pruritic** – causes itch

- **Wheals** – white center

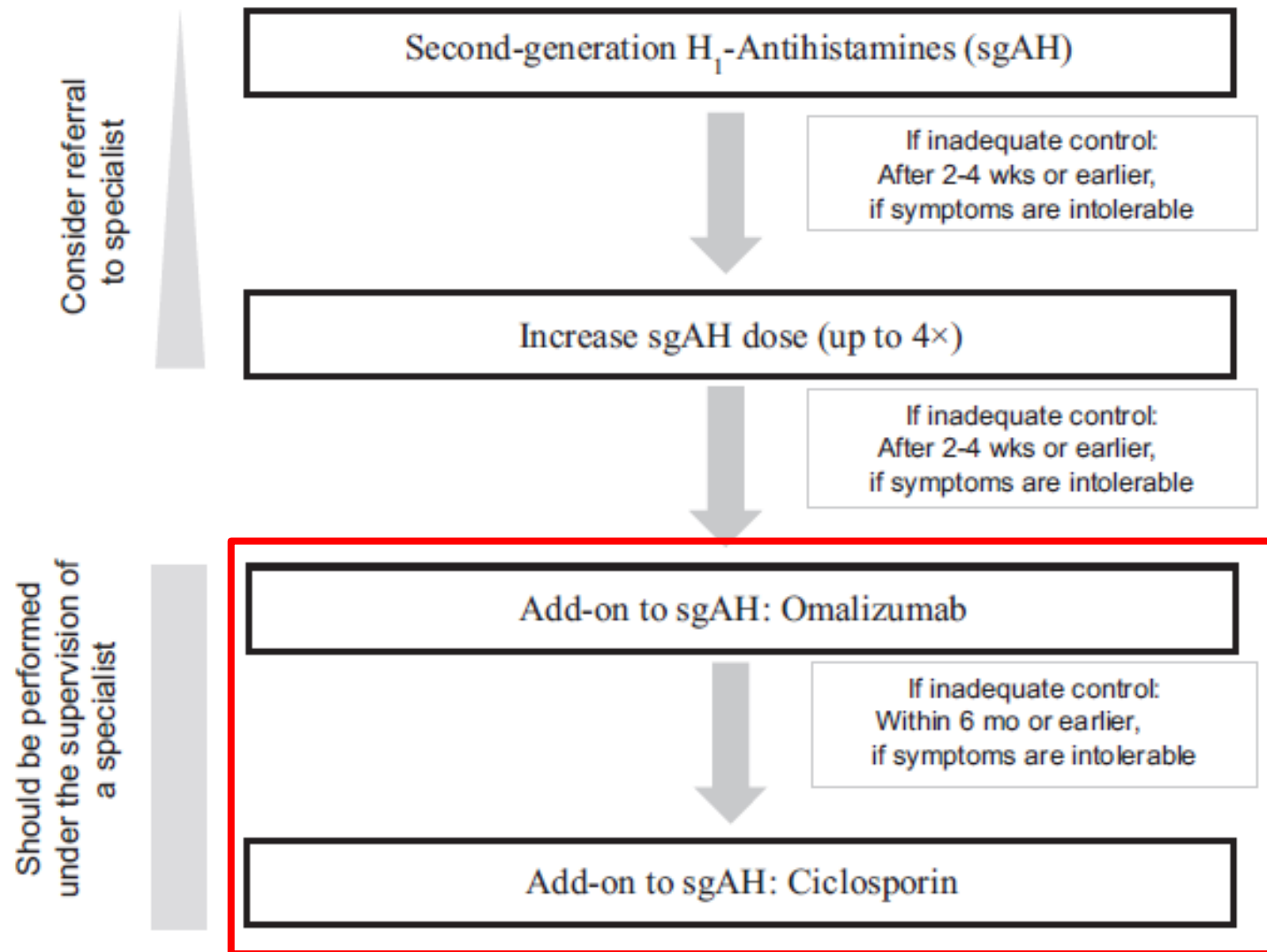- **Up to 24 hours** – leaves no trace

- **Angioedema** – 40% of cases

Acute urticaria

Symptoms last up to 6 weeks

Chronic urticaria

Symptoms last for 6 weeks or more

TREATMENT

Second-generation H$_1$-Antihistamines (sgAH)

If inadequate control:
After 2-4 wks or earlier,
if symptoms are intolerable

Increase sgAH dose (up to 4×)

If inadequate control:
After 2-4 wks or earlier,
if symptoms are intolerable

Add-on to sgAH: Omalizumab

If inadequate control:
Within 6 mo or earlier,
if symptoms are intolerable

Add-on to sgAH: Ciclosporin

Consider referral to specialist

Should be performed under the supervision of a specialist

CHRONIC URTICARIA

❑ **Incidence rate:** 1% of population.

❑ Appears at any age or gender –

➢ More women than men.

➢ Incidence peak between 20-40 years old.

❑ **Duration:** up to 1 year in most patients but can last up to 5 years and more.

➢ Recurrence is observed in 50% of recovered patients.

❑ **Lowers quality of life** – sleep deprivation, impairment of daily activities, social life, emotional and mental well-being, reduced performance at work and substantial financial burden.

Acute urticaria

Symptoms up to 6 weeks

Chronic urticaria

Symptoms last 6 weeks or more

Chronic inducible urticaria (35%)

specific eliciting factor involved (heat, cold, delayed pressure).

Chronic spontaneous urticaria (65%)

No specific eliciting factor involved.

Chronic spontaneous urticaria

Auto-immune CSU

Idiopathic CSU

Is there a difference regarding degree of treatment?

METHODS

- **Research population:**

➤ **patients diagnosed with CSU between 2013-2018**

    ➤ (Clinical Immunology, Angioedema and Allergy Unit, Sheba medical center)

- **Methods: Collecting data regarding the following parameters (via Chameleon software):**

  - Demographic data

  - Clinical data (duration of disease, severity of disease etc.)

  - "Autoimmune manifestations"

  - Treatment data (medications/combination used, duration of therapy, partial/complete remission achievement)

- **Designing the data in an axel file – statistical analysis of the various parameters between groups.**

STUDY DESCRIPTION

- **Study objective:** Compare proportion of patients receiving 3th or higher degree of treatment, between AI CSU patients and idiopathic CSU patients.

- **Type of study:** Cross-sectional study

- **Study population:** CSU patients, receiving treatment in an outpatient clinic in a tertiary care center.

- **Variables:**

  - Exposure variable: AI or idiopathic.

  - Outcome variable: 3th or higher degree of treatment – yes or no.

  - Confounders: age, gender, AE, duration, inducible.

STUDY DESCRIPTION

- **Statistical methods:**

  - *Compare proportion of patients that receive 3th or higher degree of treatment between two groups* – chi square test or fisher exact test.

  - *Compare categorical parameters between two groups* – chi square test or fisher exact test.

    - Results in percentage.

  - *Compare sequential variables* – t-test for independent samples or Mann–Whitney *U* test

    - For normal distribution variables – average and standard deviation

    - For non normal distribution variables – median and inter quartile range.

STUDY DESCRIPTION

- **Multiple variables analysis** - logistic regression that includes:

  - Group

  - Age and gender – universal confounders

  - Variables that were found to be related to the result in a Univariate analysis at a significance of $P < 0.2$.

STUDY DESCRIPTION

- **Calculation of sample size:**

  – Significance of 5%

  – Power of 80%

  – Group size ratio: 1:1.5 (idiopathic:AI)

  – Clinical experience – 50% of AI patients and 20% of idiopathic patients receive 3th degree treatment.

- **Sample size of 95 patients, 38 idiopathic and 57 AI.**