

I'm human





For most individuals experiencing chronic hives, the cause remains unknown. Rarely, allergies to medication or food may trigger the condition. The most common allergic cause is a regular consumption of something. Other types of allergies can also bring on chronic hives. Some people develop chronic hives due to rapid changes in their body temperature caused by heat, cold, or physical activity. Tight clothing pressure on the skin may also contribute to the condition. About 1 in 5 individuals with chronic hives also have an autoimmune disease such as Celiac disease, dermatomyositis, diabetes, lupus, polymyositis, rheumatoid arthritis, thyroid disease, or vitiligo. Other conditions that can cause chronic hives include asthma, infections like H. pylori and sinusitis, liver disease, lymphomas including Hodgkin lymphoma and non-Hodgkin's lymphoma, and vasculitis. Chronic hive symptoms include red, raised welts or bumps on the skin that may hurt or sting, blanching, itchy skin, swelling, and hives can appear anywhere on the body with different shapes and sizes. Hope Ricciotti, MD leads the department of obstetrics, gynecology, and other areas. As a service to our readers, Harvard Health Publishing provides access to our library of archived content. Please note that the date of last review or update is on all articles. No content on this site should ever be used as a substitute for direct medical advice from your doctor or other qualified clinician. Whether you get skin rashes, itchy eyes, wheezy airways, or a runny nose, an allergic response is no fun, and is sometimes dangerous. In Controlling Your Allergies, you'll learn to identify your allergic symptoms, pinpoint your triggers, distinguish between intolerance and allergy, and choose the best treatment for your particular type of allergy. Read More Get the latest in health news delivered to your inbox! Sign Up Chronic hives are often associated with various factors, including viral infections like norovirus and hepatitis viruses. Parasitic infections such as Entamoeba spp., Giardia lamblia, and Anisakis simplex have also been linked to the condition. In some cases, chronic hives may be a sign of an underlying autoimmune disease, including conditions like lupus, celiac disease, rheumatoid arthritis, Sjogren's syndrome, or type 1 diabetes. Research suggests that nearly 10% of individuals with chronic hives also have autoimmune hypothyroidism. Physical stimulation, such as scratching or rubbing the skin, can trigger hives in some people, a phenomenon known as physical urticaria or dermatographism. The most common triggers are scratching or rubbing the skin firmly, though other factors like exercise, cold temperatures, hot temperatures, sunlight, vibration, and pressure can also cause hives. Chronic hives can also be caused by an allergy, although this is a rare occurrence. Common allergens that may trigger hives include certain foods, food additives and preservatives, latex, and medications. In some cases, reactions to medications can occur at any time after starting one. Diagnosing chronic hives often begins with consulting a primary care physician, an allergist, or a dermatologist who will examine the hives and ask questions to rule out common causes such as medication reactions. Diagnostic tests may be ordered to check for other conditions that could be causing symptoms, including allergy testing, blood tests to detect inflammation markers, or tests for celiac disease or thyroid problems. For individuals where there is no clear cause, treatment focuses on managing the hives. This can include second-generation H1-antihistamines as first-line treatment and drugs like cetirizine and loratadine. If symptoms do not respond to first-line treatment, practitioners may add Xolair for a second-line treatment or prescribe Cyclosporine when someone does not respond to a combination of an H1-antihistamine and omalizumab. Short-term use of corticosteroids can be used to alleviate flare-ups of chronic hives but are not suitable for long term use due to the risk of cataracts and other possible adverse effects. Avoiding known triggers can also help manage symptoms, and in some cases, chronic hives can go away. One study found that nearly 35% of participants with chronic hives had no symptoms after one year, while another 29% experienced a reduction in symptoms during this time. Among individuals with idiopathic chronic urticaria, which means the cause is unknown, the disease process may be triggered by genetic factors and influenced by environmental factors like stress. Hives can be a chronic issue for many people, with only about 48% experiencing remission within three years. However, the likelihood of remitting decreases to just 16% if physical hives are involved. If symptoms persist for six weeks or more, it's recommended to consult with a board-certified allergist, dermatologist, or primary care doctor. In some cases, severe hives can occur inside the mouth or airways, which may affect breathing and require immediate medical attention. Here are some frequently asked questions about chronic hives: While the cause of hives is often unclear, they may be linked to allergies, immune conditions like lupus and celiac disease, or physical stimuli such as heat, pressure, and vibration. Chronic hives can resolve over time or symptoms may improve, but this isn't always the case. If hives do go away, they can return in some instances. While it's not always possible to eliminate chronic hives, treatment options like antihistamines, corticosteroids, and other medications can help manage symptoms. Hives that persist for at least six weeks are considered chronic. In most cases, there is no identifiable cause, but the condition may be associated with an infection, autoimmune condition, allergy, or physical factor in some people. Physical hives can occur due to exercise, vibration, or exposure to hot or cold temperatures, while chronic idiopathic urticaria, where there is no known cause, is more common.

What if hives last for weeks. Can hives last for years. Hives won't be long. Can stress hives last for weeks. Can hives last for months. Can hives last for 2 weeks.