

Urticaria
September, 2009
Dr. Dorko
Questions

1. True or False
Urticaria is a cutaneous eruption that consists of erythematous, pruritic wheals and involves only the superficial part of the dermis.
2. True or False
Typical urticarial eruptions usually last for more than 72 hours.
3. True or False
Chronic urticaria is urticarial eruptions that continue to appear, recur, or persist for 6 weeks or longer.
4. True or False
The cause of acute urticaria can most often be determined by a history of an exposure preceding the onset of symptoms.
5. Physical urticaria. Match the type with definition.
 - a. Generalized Cholinergic
 - b. Localized heat
 - c. Cold
 - d. Solar
 - e. Dermatographism
 - f. Pressure
 1. A linear wheal with flare that occurs at the site of brisk stroking with a firm object.
 2. Local swelling, sometimes painful, that occurs immediately or within 4 to 6 hours after constant pressure has been applied.
 3. Exposure to low temperatures
 4. Exposure to sunlight or intense artificial light
 5. Develops after an increase in core body temperature caused by a hot bath, exercise, or fever.
 6. Develops shortly after the local application of heat.
6. Match symptom with pathologic event. Triple response of Lewis.

Symptom	Pathologic Event
a. Wheal	1. Vasodilatation
b. Flare	2. Sensory nerve stimulation
c. Pruritus	3. Vascular Permeability

- 7.** True or False
Food, drug and insect stings are examples of IgE-mediated urticaria.
- 8.** H₁ Receptor antagonists such as diphenhydramine or chlorpheniramine are good backbones of treatment for acute urticaria, but their major drawback for use are their side effects. What are these side effects?
- 9.** What is the major drawback to use of fexofenadine, loratadine, and cetirizine?
These agents have either no or minimal side effects of sedation and anticholinergic activity.
- 10.** True or False.
The addition of H₂ antagonists may enhance the effectiveness of conventional antihistamines in the management of urticaria.

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Answers

1. True. Edema that extends into the deep dermis and subcutaneous tissue constitutes angioedema.
2. False. True urticarial eruptions do not remain in the same area of the skin for much longer than 24 hours
3. True.
4. True.
5.
 - a. 5
 - b. 6
 - c. 3
 - d. 4
 - e. 1
 - f. 2
6.
 - a. 3
 - b. 1
 - c. 2
7. True.
8. Sedation and anticholinergic activity.
9. Cost.
10. True.

Urticaria is a common problem, with 15% to 23% of the general population experiencing at least one episode in their lifetime.

Because corticosteroids do not inhibit cutaneous mast cell degranulation, they have no effect on acute urticaria.