

## Urticaria



### Also known as Hives .

It's a very common Skin Allergy triggered by a reaction to **food , medicines or other irritants**.

Usually self limiting last for less than 24 hours.

Can present as a **emergency** sometimes with sudden breathlessness , hoarseness of voice , swelling of lips.

### Food items to be Avoided

#High in Salicylates

Almonds

Peanuts

Fruits - Berries , Oranges , Kiwis

Cucumber

Tomatoes

Brinjals

Bhindi

Mushrooms

#Azo dyes & Benzoic acid and MSG

Pickles

Soft Drinks

Candy / Jelly/ Sauces / packed soups / mayonnaise

#Yeast

Bread , bakery products

Vinegar

Beer / wine

#Misc

Fish / Sea foods/ Eggs

Menthol - in cigarettes , candy , cough drops