

ACUTE URTICARIA AS A CURRENT MULTIDISCIPLINARY PROBLEM: A LITERATURE REVIEW

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Abstract. The article is devoted to an actual multidisciplinary problem — etiology, pathogenesis, diagnosis and treatment of acute urticaria (AU). It belongs to the 20 most common skin diseases, and it is faced not only by allergists and dermatologists, but also by therapists, pediatricians and other doctors. In therapeutic and especially pediatric practice, AU is of particular interest, which is associated with significant diagnostic and therapeutic difficulties. The prevalence of AU ranges from 1 to 5% in the population, and among the child population, the incidence of AU reaches 6.7 %. The most common triggers for AU are drugs (38.1 %), infectious agents (35.2 %), stress (24.7 %), and food (17.8 %). AU pathogenesis is based on degranulation and release of mediators from mast cells. Their activation during AU can be caused by both immunological factors mediated by specific receptors on cell membranes and non-immunological factors. The diagnostic process begins with the collection of complaints, anamnesis data and physical examination. The volume of laboratory and instrumental examination of patients with AU is determined by the intensity of clinical manifestations, duration of the disease, response to therapy, as well as external symptoms. There are no routine indications for laboratory testing in AU. If an allergic genesis of AU is suspected, specific allergy diagnostics are indicated. Antihistamines of the second generation remain the basis of treatment for patients with urticaria, and in case of their insufficient effectiveness, omalizumab and cyclosporine are added to the treatment regimen. Short courses of systemic corticosteroids may be prescribed in rare cases of severe disease.

Key words: acute urticaria, etiology, pathogenesis, diagnosis, treatment.