

Urticariaday2017: You´re not alone

The fourth urticaria day will again take place on October 1st. This year´s urticariaday is all about “You´re not alone”. One in four people is affected once in their lifetime by urticaria. Symptoms are most often present only for a few days or weeks – this is called acute urticaria. However, the disease becomes chronic in many individuals. At any moment, up to 1% of the population suffers from urticaria without even getting in touch with stinging nettles. The wheals and the intolerable itching appear out of the blue and in many cases daily over months or years.

1% sounds little, but 1% is quite a lot! That means that there are around 70 millions other urticaria patients worldwide. That also means: You´re not alone. There are many other urticaria patients in your city and in your country. You might not know them, but they are there. The urticariaday2017 aims to bring this people together. We want to encourage urticaria patients to get in touch with other patients and to join or to found a self-help support group. Encourage others! Tell others, how and where you found help so that other patients have the chance to receive early support. The bigger the community - the better

Furthermore, urticariaday is a great opportunity to raise awareness for urticaria among patients and their families, doctors, politicians, the press and the world. We want to increase available educational opportunities for other doctors, thus they can provide better care to urticaria patient. In uniting the urticaria community, you will extend your network, see that you are not alone and be able to reach out for help when needed.

Who are “we”? “We” are all of us! Patients, doctors, organizations, you and me. Each individual who participates in urticariaday2016 is part of the urticaria network. Help us help you get your urticaria under control by telling others about urticariaday. Share information about urticariaday on 1. October 2017 in any way you can – twitter, facebook, or by liking this page.

Inspire others and create your own event! Why not throw an urticaria party or start a local self-help group? Perhaps you can even encourage your doctor to offer urticaria training at their clinic for other doctors. Every contribution counts. Together with us, you can help to make the urticariday successful worldwide.

Urticariaday2017 was initiated by Unev, the Urticaria Network e.V. and daab e.V. and is proudly sponsored by GA²LEN and many other organizations throughout the world that strive to improve conditions and treatment for patients with allergies and urticaria.