



# The Confident Patient:

## A Doctor Discussion Guide About Chronic Hives

### Understanding your diagnosis

- Will my hives ever go away completely?
- Could my chronic hives complicate another health condition I have?
- Could it be linked to my family history?
- Are my symptoms standard hives or could I be experiencing angioedema?

### Making your treatment plan

- What are all my treatment options?
- How do we determine if a new treatment is working?
- Are there options, like a copay card, if my insurance won't cover something?
- Can we adjust my daily treatment schedule to target nighttime symptoms?

### Living well

- What tools do you use to track my quality of life to ensure my treatment is working?
- Are there coping methods you've seen work for other patients?
- What else can I do to regulate my sleep cycle?
- What else can I do to reduce my stress levels?

### Identifying triggers

- What are the most common triggers for chronic hives?
- Can we perform specific tests to identify triggers, such as food, sun, or detergents?
- Is there anything I can do in my daily routine to prevent flare-ups?
- What should I track before my next appointment?

### Track your triggers

- Take photos of your hives – note how many there are and their sizes
- List your daily medications, supplements, and meals
- Track the weather and places you visit
- Keep a log of your daily mood
- Monitor your sleep quality at night and during nap

### Notes: