

Understanding Patients With Chronic Urticaria Will Have an Impact on Quality of Management[☆]



Conocer a los pacientes con urticaria crónica impacta en la calidad de su manejo

It is an honor to be asked to contribute an appropriate comment when our colleagues present their rigorous scientific work on a dermatological subject as chronic urticaria. In this case, thanks are due to the Alicante group for their article that shares information on the care of their patients. These 100 patients, who were managed in accordance with the latest evidence on the treatment of urticaria, are the first cohort in a monographic series that aims to become a reference in the region. Real understanding of those who seek our advice is an essential prerequisite to providing our patients with the best diagnostic techniques and therapeutic options available. The article refers to the group's experience between 2011 and 2015. During this period, we

have seen the development of tools that have proved useful in clinical practice by allowing patients to assess response to treatment and the course of their disease. While treatment in accordance with clinical guidelines is impeccable, the efficacy of the therapies used is reported using criteria based on the evaluation of both the physician and the patient, without any quantitative assessment. In current clinical practice, the use of validated indexes of activity and control of the disease—a quantitative assessment—is recommended. Congratulations are due to the authors of this honest and well-conceived work, the first of its kind by a group of dermatologists who have enthusiastically engaged with a skin disease that has, until recently, been neglected by the medical profession in general. Patients with urticaria see their condition as one that carries a stigma. Let us help them to improve their quality of life—to improve their lives.

A.M. Giménez Arnau

Servicio de Dermatología, Hospital del Mar, Barcelona, Spain

E-mail address: Arnauanamariagimenezarnau@gmail.com

[☆] Please cite this article as: Giménez A. Conocer a los pacientes con urticaria crónica impacta en la calidad de su manejo. *Actas Dermosifiliogr.* 2017;108:325.