Red skin blotches during sport – it could be urticaria (hives)

Urticaria (nettle rash) is a reddening of the skin associated with itching and weals. It can be acute (transient) or chronic (persistent or recurrent).

Why is urticaria also called nettle rash?

A similar change in the skin occurs after contact with stinging nettles. The Latin name for stinging nettle is «urtica».

Can sports induce urticaria?

An urticaria can be triggered during sport by the exertion or by the rise in body temperature. In the urticaria brought on by physical exertion, the ingestion of certain foods prior to sport may occasionally be a predisposing factor.
Signs of an urticaria are:

- A feeling of warmth in the body
- Irritating itching on hairy parts of the body, palms and soles
- Swelling in the face and on the hands
- In the worst case, circulatory collapse

Urticaria
What can you do?

- The urticaria symptoms will normally disappear of their own accord after the end of physical activity.
- Leave a break of at least 2 hours between eating and sports pursuits
- Medication may also provide relief. Please consult your doctor

... in winter
What can you do?

- Wear functional, warm and breathable sports clothing in winter
- Warm down after sport and cool off properly at home before showering
- Consume no cold foods or beverages immediately after the sport
- Medication may also provide relief. Please consult your doctor

Urticaria only in the winter?

If the urticaria usually occurs during sport in the winter, it could possibly be cold urticaria. It can also occur throughout the year: When staying in a cold environment, or after a rapid temperature change from warm to cold.

- After the skin has come into direct contact with a cold object, e.g. an ice cube
- After part of the body has been immersed in cold water
- After cold beverages have been consumed

Important: In cases of cold urticaria, do not swim in open waters such as rivers and lakes A sudden wide-spread exposure to cold can cause a life-threatening drop in blood pressure