

# Autologous serum therapy in recalcitrant chronic spontaneous urticaria: Experience from 3 dermatology clinics in Malaysia

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## ABSTRACT

**Introduction:** Autohemotherapy is a commonly used treatment of recalcitrant chronic urticaria in some countries. Herein we report our experience in using autohemotherapy-autologous serum therapy in 8 patients with recalcitrant chronic spontaneous urticaria. **Case series:** Eight patients (age range: 25-76 years old; 4 females and 4 males) had one to ten years duration of recalcitrant chronic spontaneous urticaria. All failed to respond to high doses of second-generation antihistamines and five to immune-modulating agents. Three did not respond to omalizumab. Autologous serum therapy was initiated weekly for 9 weeks followed by every fortnightly. Urticaria Activity Score (UAS) 7, Dermatology Life Quality Index (DLQI), and reduction of antihistamine usage were used to assess the treatment response. At week 9, the reduction of UAS7 ranged from 76.2% to 100%. There was more than an 80% improvement in DLQI in all patients. The number of wheals seemed to be reduced first followed by pruritus. Three patients stopped antihistamines by week 8 of treatment. No adverse events were reported in all 8 patients. **Conclusion:** Autologous serum therapy may serve as an alternative treatment for recalcitrant chronic spontaneous urticaria. Apart from the practicality which requires frequent clinic visits, venipuncture and centrifugation, it is cheap and effective with minimal adverse events.