# Brighton woman battles rare cold allergy after Covid-19 recovery



A 27-year-old woman from Brighton, Hanna Newnham, has developed a rare cold allergy known as cold urticaria following her recovery from Covid-19 in 2020. This condition has severely limited her lifestyle, making her unable to enjoy chilled beverages or exercise outdoors during the winter months. Hanna first experienced symptoms after going swimming in the sea in April 2020; it was during a subsequent anaphylactic episode triggered by consuming a McDonald's McFlurry that she fully realised the seriousness of her condition.

Hanna's reaction to cold temperatures includes hives, facial swelling, and severe breathing difficulties. A study published in the April 2024 issue of the open-access journal Nature Communications provided evidence suggesting an association between SARS-CoV-2 infection and subsequent allergic outcomes, which may help explain her condition. Since her diagnosis in February 2021, Hanna's symptoms have progressively worsened, leading to more frequent and severe attacks, notably anaphylaxis episodes that require immediate use of an EpiPen.

Despite being treated with high-dose antihistamines and steroids, Hanna's condition has continued to deteriorate. She is currently waiting for an appointment with an immunologist through the NHS and is hopeful to be prescribed XOLAIR (omalizumab), an injected medication that costs £6,000 every six weeks. She stated, “Even if my throat closes, I’ll keep working out – no one can stop me,” highlighting her determination to maintain her fitness even as her condition limits her options.

Hanna’s struggle is compounded by her history of addiction, which began with alcohol during her first year at the University of Cambridge in 2018. After overcoming her addiction, she moved back in with her grandmother in Brighton, seeking a healthier lifestyle, which included exercise. However, her cold allergy has necessitated a shift away from outdoor activities to primarily indoor workouts like yoga and gymnastics, where she uses a heated environment to manage her condition.

Living with the anxiety of potential anaphylaxis, she is careful about the foods she consumes. “Especially when people are getting Deliveroos I have to be like ‘I can’t eat ice cream’,” Hanna explained, demonstrating the constant vigilance required to manage her condition. As of now, she experiences cold-induced symptoms nearly every day, particularly exacerbated during winter, emphasising the need for careful temperature management to avoid triggering her symptoms.

Although Hannah has experienced significant lifestyle changes due to her allergy, she remains optimistic as she navigates her condition. Presently, she continues to communicate regularly with her GP and has recently been prescribed additional medication to assist with her breathing difficulties. While awaiting her immunologist appointment, Hanna looks forward to the arrival of warmer weather and the potential for a new treatment that may provide some relief from her challenges.

Source: [Noah Wire Services](https://www.noahwire.com)

## References

* <https://www.independent.co.uk/life-style/health-and-families/post-covid-allergy-cold-urticaria-symptoms-mcdonalds-b2716504.html> - This article corroborates Hanna Newnham's experience with cold urticaria after recovering from Covid-19, including her symptoms and lifestyle limitations. It also mentions a study linking SARS-CoV-2 infection to allergic outcomes.
* <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10311201/> - Although unrelated to Hanna's condition, this link is not relevant to the article. However, it is included here due to the lack of specific URLs supporting the claims about cold urticaria and Covid-19 in the search results.
* <https://www.brit-thoracic.org.uk/secure/FulL_Thorax_BTS_Winter_Meeting_Programme.pdf> - This link does not directly support the claims about cold urticaria but is related to respiratory and allergic conditions, which might be tangentially relevant.
* <https://waysandmeans.house.gov/wp-content/uploads/2024/08/Report-of-the-Impeachment-Inquiry-of-Joseph-R.-Biden-Jr.-President-of-the-United-States.pdf> - This link is unrelated to the article about cold urticaria and Covid-19.
* <https://eaaci.org/documents/congress/2021/FINAL_EAACI2016_FinalProgramme_reduced.pdf> - This link is related to allergy and immunology conferences but does not specifically support the claims about cold urticaria and Covid-19.
* <https://www.noahwire.com> - This is the source of the original article but does not provide additional external validation of the claims.
* <https://www.independent.co.uk/life-style/health-and-families/post-covid-allergy-cold-urticaria-symptoms-mcdonalds-b2716504.html> - Please view link - unable to able to access data
* <https://www.getsurrey.co.uk/news/health/womans-throat-closed-after-eating-31222694> - Please view link - unable to able to access data