

# WHAT IS HIDRADENITIS SUPPURATIVA (HS)?

HS is NOT an infection, is NOT contagious and is NOT caused by poor hygiene. The sores, boils and other symptoms of HS are caused by a disease of the immune system, which typically affects folds of the skin in areas like the armpits, groin, stomach and/or buttocks.

IF YOU'VE BEEN DIAGNOSED WITH HS,  
THIS GUIDE IS DESIGNED TO ANSWER YOUR QUESTIONS

## ❑ HOW IS HS DIAGNOSED?

There is no specific test for HS, so your doctor has examined your skin and talked with you about your symptoms.

## ❑ WHAT ARE COMMON SYMPTOMS?

Skin changes, such as nodules, abscesses and tunnels. Ruptured sores that drain fluid with a strong odor. Symptoms last for weeks or months and reappear in the same or different areas of the skin.

## ❑ WHAT ARE THE TREATMENT OPTIONS?

Talk with your doctor first about the best treatment for you. Topical, oral or injectable medications may help relieve your symptoms. If you have severe HS, a surgical procedure may also help.

## ❑ CAN LIFESTYLE CHANGES HELP?

Weight management and quitting smoking may help some people with HS. Dietary and environmental triggers, such as shaving, may also affect your disease.

## ❑ HOW DO I CARE FOR MY HS?

DON'T pick at your skin. DO apply a thin layer of antibiotic cream to clean skin and dress the wound with non-stick dressing. Deeper wounds may need more dressing to fill the area and absorb fluid. Over-the-counter pain relievers may help.

## ❑ HOW DO I BUILD A SUPPORT NETWORK?

Your HS care team may include dermatologists, endocrinologists, gastrointestinal specialists, nutritionists, mental health professionals, primary care and/or gynecologists, as recommended by your doctor.

## ❑ WHERE CAN I GET MORE INFORMATION?

HS Foundation Pamphlet

- <https://www.hs-foundation.org/hs-pamphlet>

Info Card to Share with Providers

- <https://www.hs-foundation.org/hs-patient-card>

DermNet NZ

- <https://dermnetnz.org/topics/hidradenitis-suppurativa>

No BS About HS

- <https://www.nobsabouths.com/>

## ❑ WHAT SUPPORT RESOURCES ARE AVAILABLE?

HS Foundation

- <https://www.hs-foundation.org/>

HS Connect

- <https://www.hsconnect.org/>

Hope for HS

- <https://hopeforhs.org/>

HS Heroes (Canada)

- <https://hsheroes.ca/>