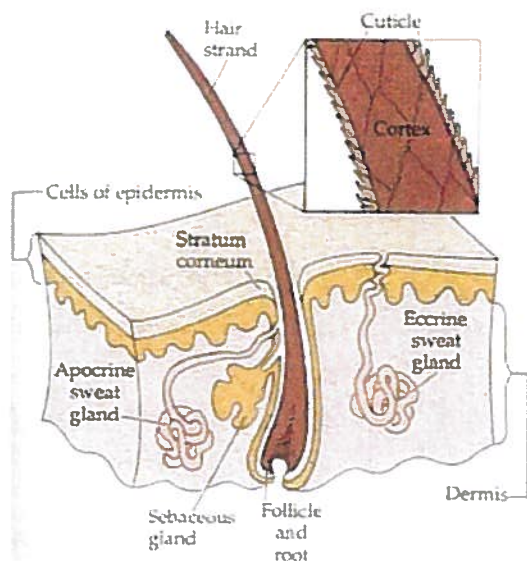


HIDRADENITIS SUPPURATIVA



What is hidradenitis suppurativa?

Hidradenitis suppurativa or (HS) is a non contagious chronic skin disease that affects the sweat glands. HS usually involves the areas of the armpits, groin and anal area.



What are the symptoms of HS?

Blackheads and red, tender bumps get bigger, break open and leak pus. These abscesses can form in clusters and can be extremely painful. Tunnels, called fistulas can form under the skin between the abscesses.

What causes HS?

No one knows what causes HS. Persons who have had acne, women and African Americans are most often affected. It is thought there maybe a problem with the sweat glands or hair follicles. HS happens when a sweat gland becomes blocked. There maybe a genetic factor, meaning that the disease sometimes runs in families.

What can trigger or worsen the symptoms HS?

- Obesity
- Tight clothing
- Smoking
- Deodorants
- Possibly shaving
- Some medications
- Hot and humid climates



What are some treatments for HS?

Antibiotics are sometimes used for the anti-inflammatory purposes, rather than treating the infection. Sometimes steroids are injected into the lesion. Treatments depend upon the severity of the disease. Some things that are thought to help include-

- Wearing loose clothing
- Applying warm compresses
- Using ice to help reduce the pain
- Losing weight
- Stopping smoking
- Sometimes surgery is recommended

