

HIDRADENITIS SUPPURATIVA



What is Hidradenitis Suppurativa?

Hidradenitis Suppurativa (HS) is a chronic, painful skin condition of bumps and draining sores of the skin. It usually affects areas with skin folds, such as the armpit, breast, and groin area.

What are the symptoms?

Painful, red bumps in areas of skin folds that get bigger and may break open and drain. This can lead to scarring of the skin.

What is the cause?

HS is caused when hair follicles, or the skin that hair grows out of, get blocked, trapping bacteria and causing inflammation.

It is NOT caused by bad hygiene and cannot be spread to others.

It is more common in people with:



Obesity



Diabetes



Hypertension/
High Blood Pressure

Because HS is a visible skin condition, it can significantly impact your quality of life and can be linked with feelings of depression and anxiety. Make sure to discuss this with your doctor if you are experiencing these symptoms.

Goals to achieve for next visit:



DATE: _____

- _____
- _____
- _____
- _____

• We recommend that you return in _____ for follow up with your child's pediatrician, or immediately if you experience any of the following:

- Severe or worsening pain or excess drainage at a lesion
- Any feelings of depression, anxiety, or self-harm

What is the treatment?

Depending on the intensity of HS, there are different lifestyle changes and medicines available for treatment.

[Discuss with your doctor the best form of treatment for you.](#)

What can I do to manage and prevent HS?

DO NOT:



- Pop new sores open
- Scrub at areas
- Use antiperspirant
- Use irritating soaps, loofahs, and sponges
- Smoke. This may exacerbate conditions.

DO:



- Make a weight management plan with regular exercise and nutrition recommendations
- Wash areas gently
- Use deodorant only
- Wear loose fitting clothes

Painful new sores

1. [Apply a warm compress](#) for 10 minutes at a time throughout the day and [do NOT open the sore](#). This will make it worse.
2. If a sore starts to drain, keep it clean by washing gently with an [antiseptic wash](#), prescribed by a clinician.
3. Apply [petroleum jelly](#) to skin so dressing does not stick to the draining sore.
4. Apply dressing provided by clinician, and [avoid adhesive bandages](#) if possible.
5. [Clean and change dressing](#) daily until wound heals.

Exercise recommendations

At least **60 min** or more of moderate-to-vigorous physical activity daily, such as:

Vigorous aerobic activity.

These are activities that get your heart pumping and breathing fast, such as:

Running Jumping rope
Soccer Biking



Activity that **strengthens muscles.**

These are activities with weight resistance, such as:

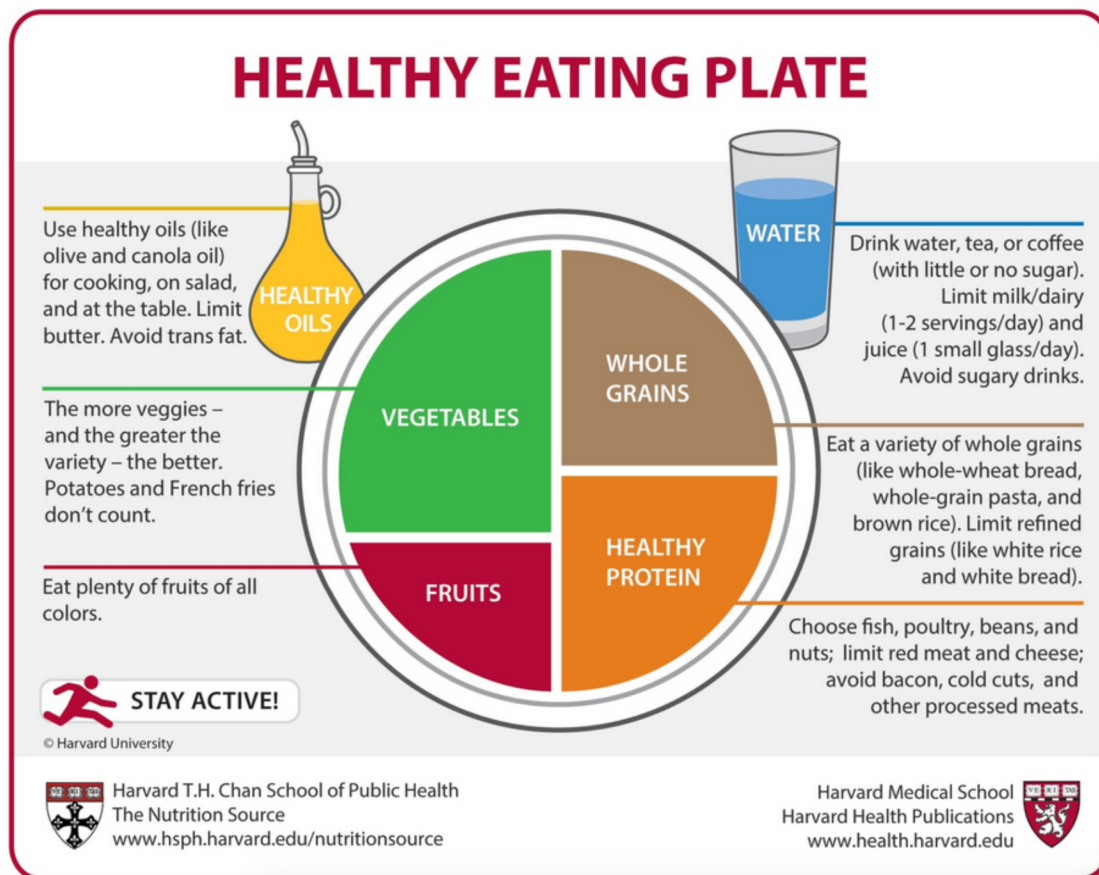
Push-ups Sit-ups
Climbing Weight lifting



Nutrition recommendations

(see back side of handout)

Nutrition recommendations



Go for it!
Eat these
whenever
possible

- **Vegetables:** non-starchy veggies such as salad greens, green pepper, eggplant, onion, garlic, cauliflower, cabbage, carrots, broccoli, green beans, collard greens, okra, spinach, etc.
- **Proteins:** legumes, beans, nuts, chickpeas, lentils, fish, lean meats (chicken, turkey), tofu, eggs
- **Grains:** brown rice, steel-cut or rolled oatmeal, high-fiber bran cereal, bulgar, barley, quinoa
- **Fruits:** Fresh fruit such as apples, oranges, grapefruit, cherries, apricot, plum, etc.
- **Beverages:** water, unsweetened non-dairy milks, low fat dairy

Slow down!
These foods
can be enjoyed
occasionally.

- **Vegetables:** yams, corn, starchy veggies, like boiled potatoes
- **Proteins:** red meat, cheese
- **Grains:** pita bread, rye bread, couscous
- **Fruits:** dried fruits such as raisins, fruits canned in light syrup such as canned peaches
- **Beverages:** 100% fruit juice, flavored water, Crystal Light, full fat milk

**STOP and
think! Limit
these foods
if possible**

- **Proteins:** fried or processed meats
- **Grains:** white rice, white bread, sweetened cereals, sweetened oatmeal, pasta
- **Vegetables:** Vegetables with added butter
- **Beverages:** juices (not 100% fruit juice), soda, sports drinks, sweetened tea
- **Other:** donuts, waffles/pancakes, bagels, packaged crackers, french fries