



# HS Heroes

Hidradenitis Suppurativa (HS) is a chronic inflammatory skin condition characterized by inflamed areas, abscesses, and lesions where the apocrine sweat glands are located. Affected areas most commonly include the underarms, under the breasts, the buttocks and groin, however HS may occur anywhere there is hair.

- HS is estimated to affect as many as 4% of Canadians
- HS affects females to males at a ratio of 3:1
- It takes an average of 7 years before receiving an HS diagnosis
- 30% of patients have reported a family history of HS

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## STAGES

### Hurley Staging:

**Stage I:** Mildest clinical form of HS. Presents as isolated boils, sometimes in multiples, but without tunnel formation.

**Stage II:** Moderate form of HS. Categorized as more widespread boils. Abscesses may become irritated and come to the surface of the skin resulting in lesions. Tunnel formation is possible but minimal at this stage.

**Stage III:** The most severe form of HS. Categorized by widespread development of lesions and tunnel formation. Pain and scarring are to be expected in this stage.

## CAUSES

There are no known causes of hidradenitis suppurativa.

## PATIENT'S QUALITY OF LIFE

Quality of life is dependent on severity of the disease. In mild cases It may affect one's life as little as not wanting to wear white shirts, or for more severe cases it can limit range of motion, cause constant and chronic pain, and may prevent an individual participating in normal daily activities.

## TREATMENT AND CARE OF CONDITION

Clinical management of HS is challenging and consists of both medical and surgical approaches that must often be combined for best outcomes. Medical approaches include the use of topical therapies, systemic antibiotics, hormonal therapies, and a wide range of immunomodulating medications. Surgical intervention is typically reserved for disease uncontrolled by pharmacologic care.



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