



Hidradenitis & Me Support Group

Hidradenitis & Me is a support group for those who suffer from Hidradenitis Suppurativa.

Hidradenitis Suppurativa (HS) is a chronic systemic autoimmune skin disease that is not curable but manageable. HS is characterized by expanding tender lumps in the folds of the skin, generally in the armpits and groin area, however they may also appear under the breasts, on the buttocks and inner thighs where the skin rubs together. Painful skin lesions, nodules, and boils can appear in these inflamed areas, usually where apocrine sweat glands are located. Pus drainage occurs when skin of the lump/flare breaks open. Lumps that are close together can bond together under the skin.

It is estimated that over 1 million Canadians are currently living with HS, however the exact number is not known as HS is often misdiagnosed and many who are living with HS don't seek out a dermatologist for help.

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hidradenitisandme.ca

Causes

The exact cause of HS is not known. Multiple genetic and environmental factors appear to play a role. The onset around puberty suggests that hormones contribute to disease process probably through plugging of hair follicles where the apocrine sweat glands are located.

Stages of HS

- Hurley stage 1: single lump with no sinus tract
- Hurley stage 2: more than one lump with tunneling
- Hurley stage 3: multiple lumps with sinus tracts, tunneling, scarring, larger area of body is affected by lumps

Treatment and Care

- antibiotics
- laser
- biologics
- surgery
- weight loss can decrease the amount of flares that reoccur

Impact on the Patient's Quality of Life

Those who suffer from HS are not only affected physically, but they are also affected mentally, emotionally, and even spiritually. **The purpose of Hidradenitis & Me Support Group** is to allow a safe space for those with HS to express their struggles, connect with others who have HS, obtain further knowledge, help bring awareness, and best of all SELF-CARE! Self-care is the #1 goal of this support group as well as to help each participant to understand that HS is a part of you, NOT who you are! Join Hidradenitis & Me Support Group and start your healing process of ending your quiet storm mentally and emotionally, you are NOT alone!

