

HS Conversations

A TOOL FOR GUIDING OPEN CONVERSATIONS TO HELP SHINE A LIGHT ON HIDRADENITIS SUPPURATIVA (HS)

This tool was created as an aid for patients to better communicate with their healthcare providers (HCPs) by breaking down the complexities of HS.



Patient and physician portrayal.

What is hidradenitis suppurativa (HS)?

Pronounced *hi-drah-den-i-tus su-per-uh-tee-vah*

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HS is:

- Chronic or long-lasting
- An inflammatory skin condition with painful bumps or boils that come and go on areas of the body where skin meets skin

HS is NOT:

- Infectious, contagious, due to bad hygiene, sexually transmitted, a disease that only affects people with obesity, or caused by smoking

**It's not your fault.
It can happen to anyone.**



You are not alone;
1 in 100 people may have HS.



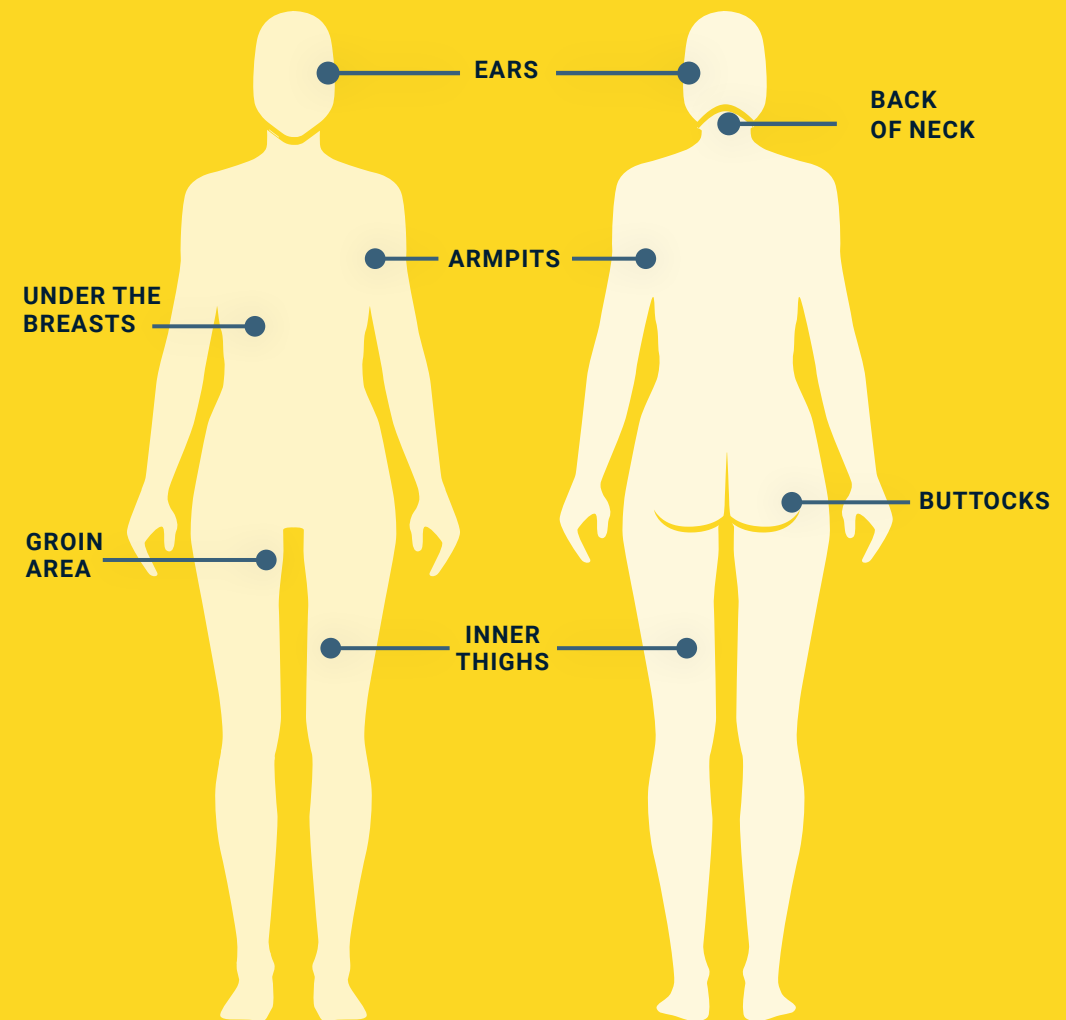
While HS is not curable, **HS is treatable.**



Genetics may play a role; **up to 40% of people with HS** know a family member with HS.

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Common locations of HS bumps and boils



Less common areas include: back, face, scalp, chest, and legs.

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What does HS look like?

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Typical HS lesions

- The bumps, boils, and sores (abscesses) of HS often come back more than once in the same area in a 6-month period.
- These outbreaks can flare up and may rupture, draining blood and pus that are painful and can have odor.

Bumps (also called nodules)



A bump or small inflammatory swelling

Boils (also called abscesses)



A swollen area characterized by a painful lump that's filled with pus

Tunnels (also called sinus tracts)



Over time, tunnels may form under the skin connecting the sores/abscesses, which may drain

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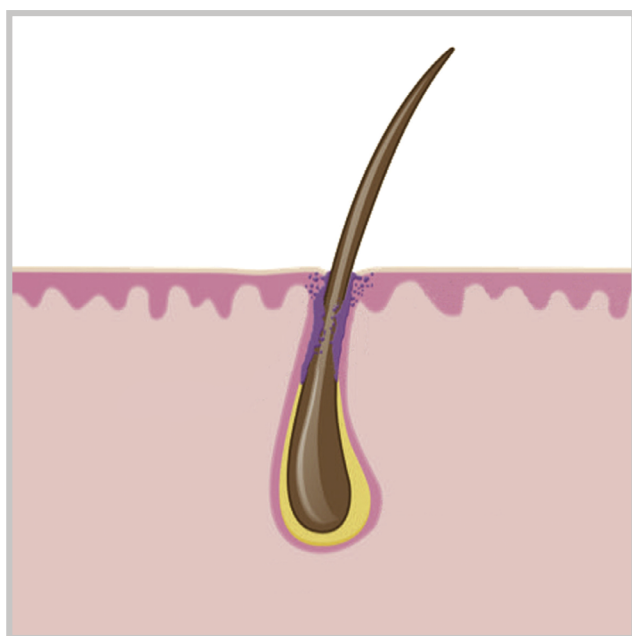
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What causes HS?

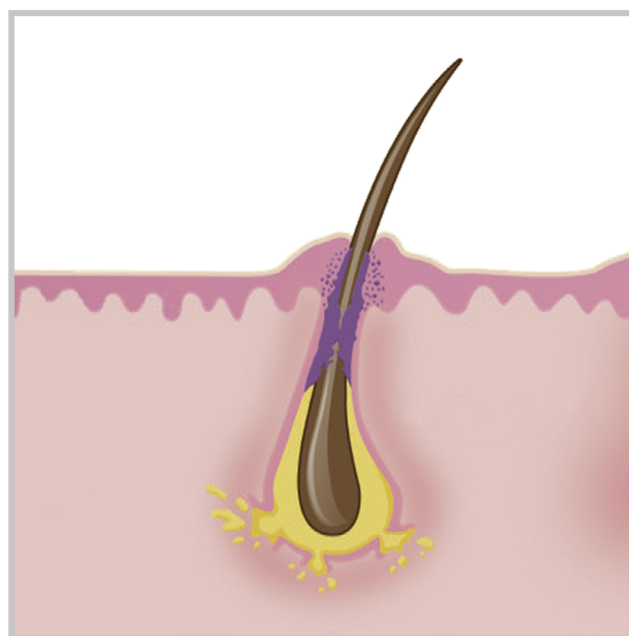


While the exact cause is unknown, it is thought that an overactive immune system produces too much inflammation throughout the body—not just the skin.

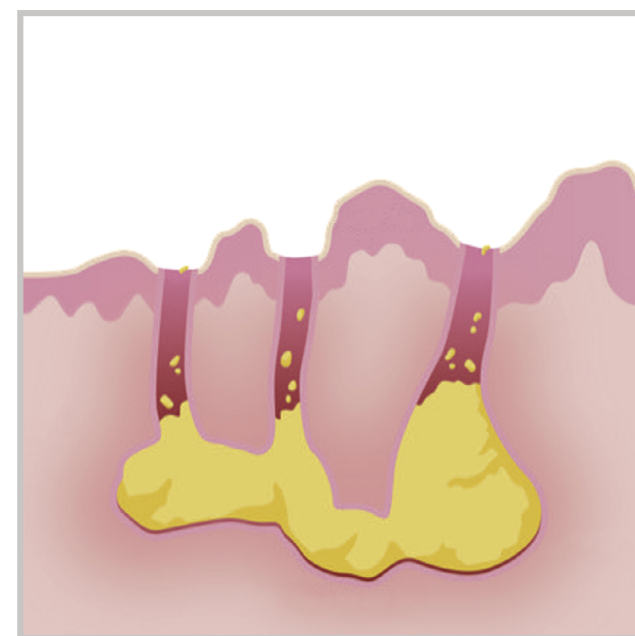
In HS, it is thought that an overactive immune system attacks blocked hair follicles



Inflammation can cause hair follicles to become blocked and enlarged.



Blocked and enlarged hair follicles can rupture, causing painful bumps, boils, and sores (abscesses).



These sores may drain blood and pus and can connect, forming tunnels and scarring.

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Have you noticed changes over time?



There are 3 stages of HS

- HS may be classified into 3 stages, based on the severity of signs and symptoms.
- Even mild or moderate HS symptoms can have a negative impact on a person's physical and emotional health, and affect their quality of life.

Mild



Sometimes called Hurley stage I. Typically shows up as 1 or multiple bumps (inflammatory nodules) and abscesses, with no scarring or tunnel (sinus tract) formation.

Moderate



Sometimes called Hurley stage II. Typically shows up as multiple abscesses, along with limited tunnels and/or scarring.

Severe



Sometimes called Hurley stage III. Typically shows up as multiple or extensive interconnected tunnels, abscesses, and scarring.

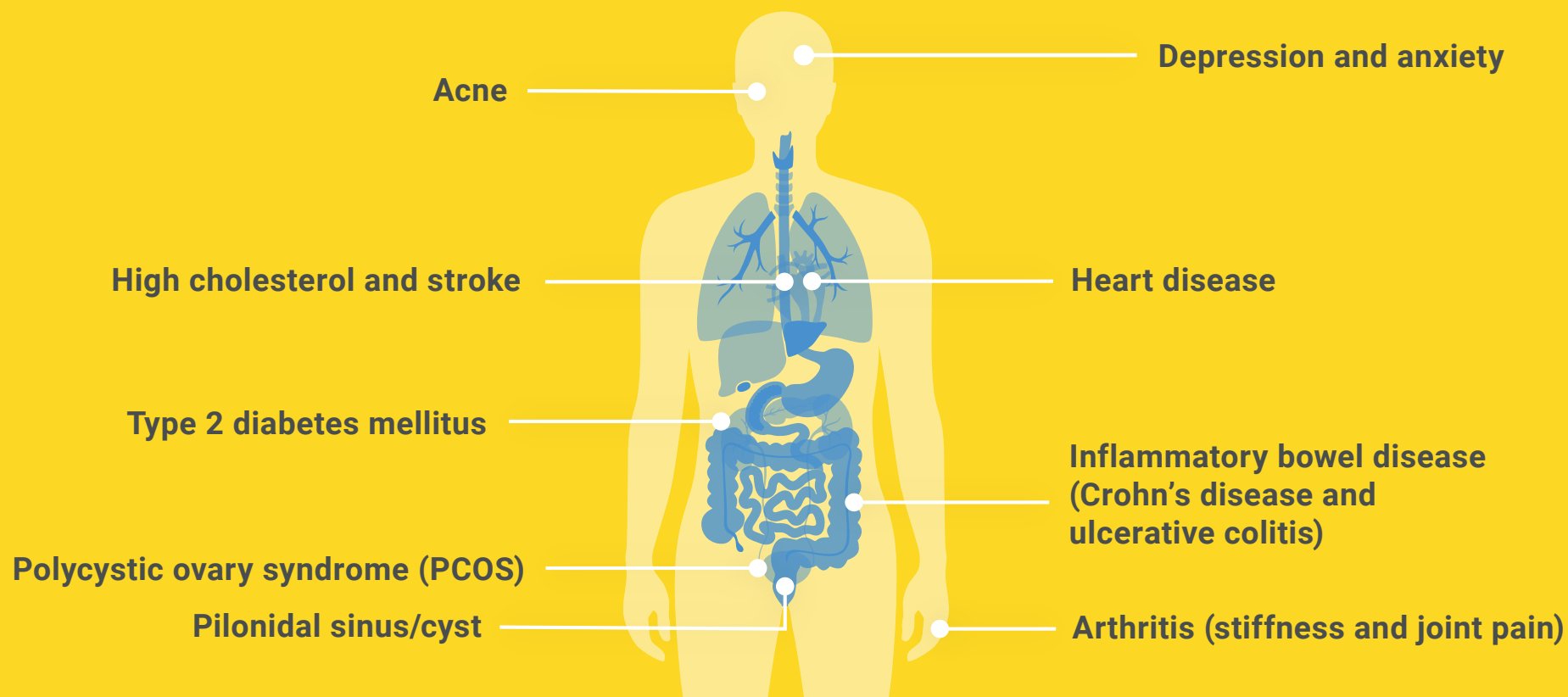
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Is HS related to other conditions?



Other conditions that are sometimes seen in people with HS include:



- While these conditions may occur in people with HS, it's important to know that HS does not cause them.
- Understanding your full history can help create a more personalized treatment plan.

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How does HS affect your quality of life?

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Living with HS **may not only be physically painful.**



HS may also interfere with your ability to have relationships, make plans, and enjoy everyday life, which **may lead to social isolation and depression.**



HS **may leave you feeling depressed** or that you're **not accepted.**

**When you're living with HS, it can be challenging.
Knowing you're not alone can make the road ahead easier.**

There is help when it comes to managing HS symptoms. Check out the resources page for groups and organizations that may provide additional support for patients with HS.



[Watch how real people living with HS each found a path forward](#)



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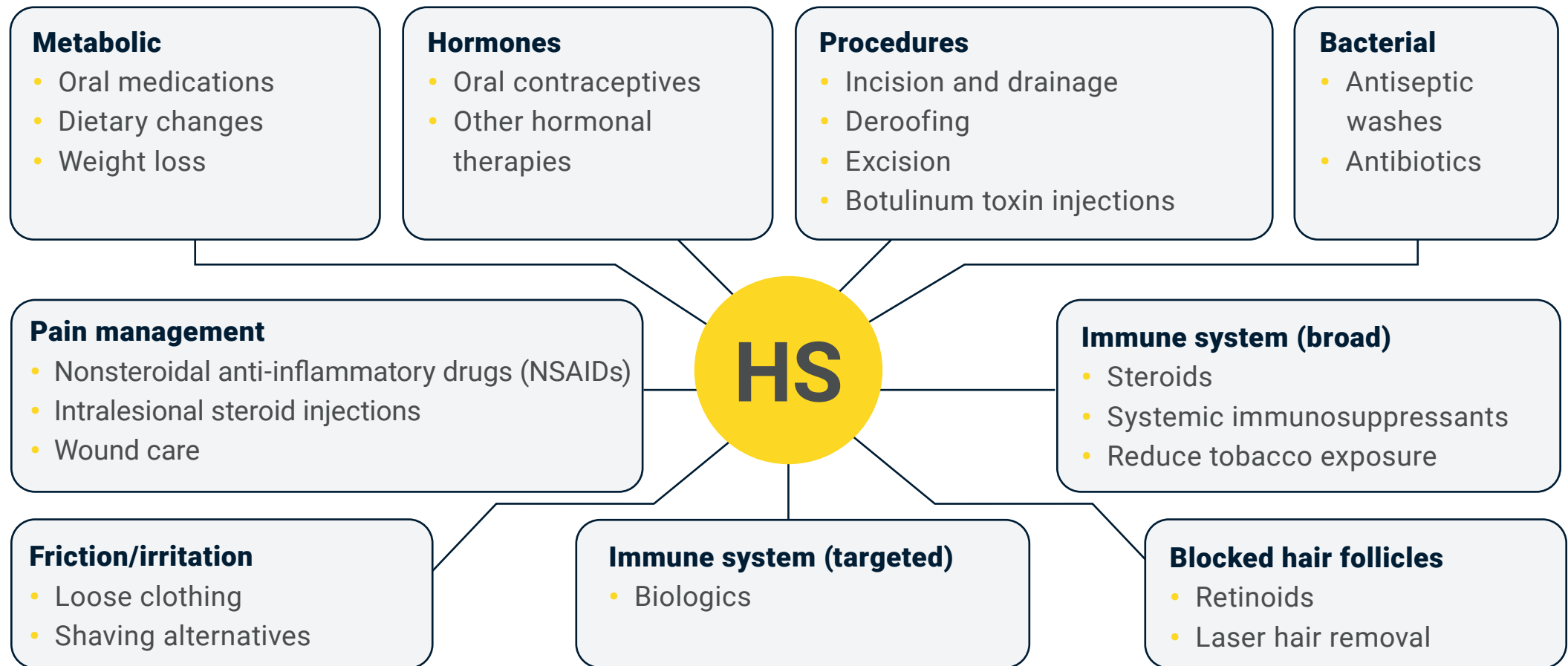
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What are the options for managing my HS?



Regulation of the immune system is key to treating HS

Management of HS is often a combination of different treatments to address the multiple contributing factors of the disease.



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What resources can I use to help with my HS?

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Download patient resources



Find downloads and other helpful resources by visiting shinealightonhs.com or by scanning this code.



National organizations Find support in community



The mission of the HS Foundation is to improve the lives of people affected by HS through advocacy, education, and research. Find out more information by visiting hs-foundation.org.



Visit hsconnect.org to learn more about a community of support for people living with HS.



Hope for HS is a 100% volunteer, grassroots, patient- and caregiver-directed nonprofit organization dedicated to supporting and advocating for patients with HS. Visit their website at hopeforhs.org.

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For more information for patients, scan the code or visit shinealightonhs.com

A special thank-you

to the HS Foundation for their support in creating this discussion guide for patients with HS. Their expertise helped develop this valuable resource that may help to improve communication about HS between patients and their HCPs.



For more information about the HS Foundation, scan the code or visit hs-foundation.org