What is Hidradenitis Suppurativa (HS)?

- Hidradenitis suppurativa is a chronic, recurrent, and debilitating skin condition, caused by a dysfunction of the immune system
- Characterized by lesions, nodules and abscesses, tunnels and scars
- HS is globally reported
- Affects women and men, 3:1 ratio
- Impacts extend beyond the skin

Lee EY, Alhusayen R, Lansang P, Shear N, Yeung J. What is hidradenitis suppurativa? Can Fam Physician. 2017 Feb;63(2):114-120. PMID: 28209676; PMCID: PMC5395382.

Hidradenitis Suppurativa is Not:

- A personal hygiene issue
- An STI
- A regular boil or abscess
- An infection (unless there is a secondary infection)
- Contagious

Lee EY, Alhusayen R, Lansang P, Shear N, Yeung J. What is hidradenitis suppurativa? Can Fam Physician. 2017 Feb;63(2):114-120. PMID: 28209676; PMCID: PMC5395382.

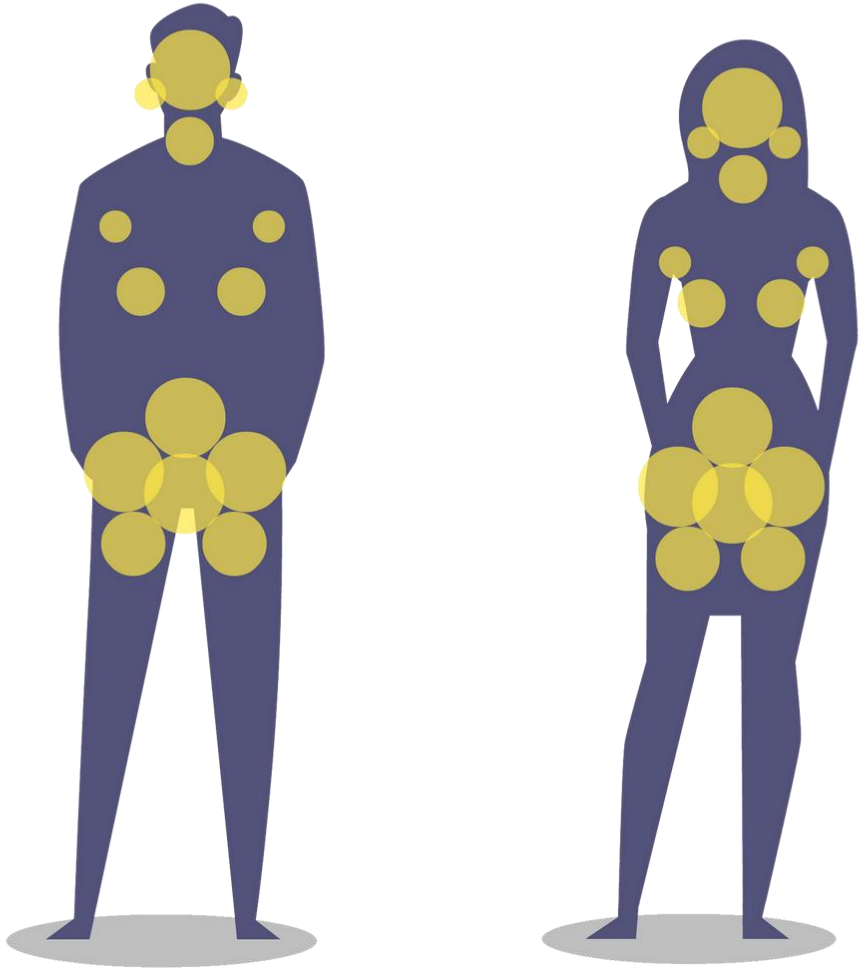
Affected Areas

HS most commonly involves:

- Axillae
- Groin
- Buttocks
- Perineal and Perianal areas

Less common anatomical sites include:

- Ears
- Head and Neck
- Arms and Legs
- Face

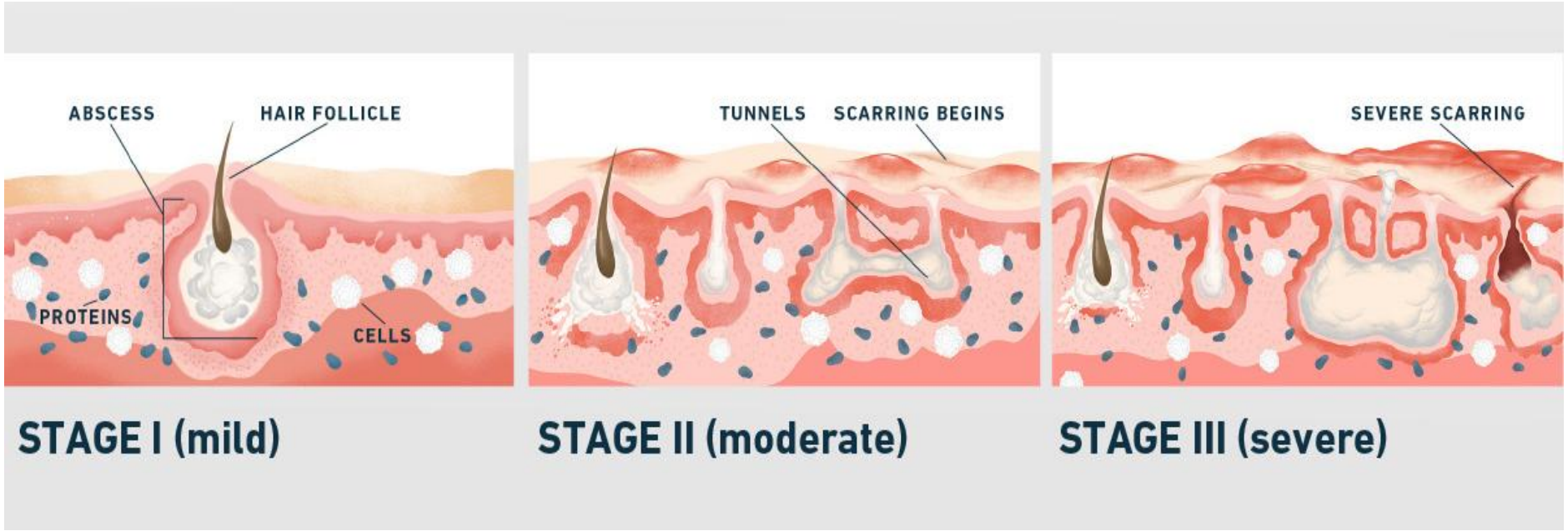


Alikhan, A. et al. (2019) 'North American Clinical Management Guidelines for hidradenitis suppurativa: A publication from the United States and Canadian hidradenitis suppurativa foundations', Journal of the American Academy of Dermatology, 81(1), pp. 91–101. doi:10.1016/
Zouboulis, C.C. et al. (2015) 'European S1 guideline for the treatment of Hidradenitis Suppurativa/Acne Inversa', Journal of the European Academy of Dermatology and Venereology, 29(4), pp. 619–644. doi:10.1111/jdv.12966.

Hurley stages

There are 3 stages of Hidradenitis Suppurativa:

- **Stage 1 – Abscess formation, single or multiple, without tunnels and scar formation**
- **Stage 2 – Recurrent abscesses with tunnel formation and scar formation, single or multiple, widely separated lesions.**
- **Stage 3 – Diffuse or near-diffuse involvement or multiple interconnected abscesses and tunnels across the entire area**



Prevalence of HS

- Approx. 1% prevalence (range: 0.0074% – 4%)
- Global Hidradenitis Suppurativa Atlas (GHiSA; ghisa.org)

Preliminary findings: 0.6% – 3.2% (60 countries), average ~ 1%

Research has shown that 30-40% of affected individuals report a family history of HS. However, the actual figure may be higher, since affected individuals do not always tell their family members that they are suffering.

Richard MA, et . J Eur Acad Dermatol Venereol. 2022 Jul;36(7):1088-1096.
Jfri A, Nassim D, O'Brien E, Gulliver W, Nikolakis G, Zouboulis CC. Prevalence of Hidradenitis Suppurativa: A Systematic Review and Meta-regression Analysis. JAMA Dermatol. 2021;157(8):924–931. doi:10.1001/jamadermatol.2021.1677

HS Diagnostic Algorithm:

1. “Have you had an outbreak of boils in the past 6 months?”

If YES,

2. “How many and in what locations?”

If the answer is ≥ 2 or more in the axilla, breasts, backside, groin, genitals = HS (>90% specificity, accuracy)

Saunte DM, et al. Br J Dermatol. 2015 Dec;173(6):1546-9.
Garg A, et al. J Am Acad Dermatol. 2020 Feb;82(2):366-376.
Delany E. et al. J Eur Acad Dermatol Venereol. 2018 Mar;32(3):467-473.
Vinding GR., et al. Br J Dermatol. 2014, Apr;170(4):884-9

Hidradenitis Suppurativa and Other Chronic Wounds



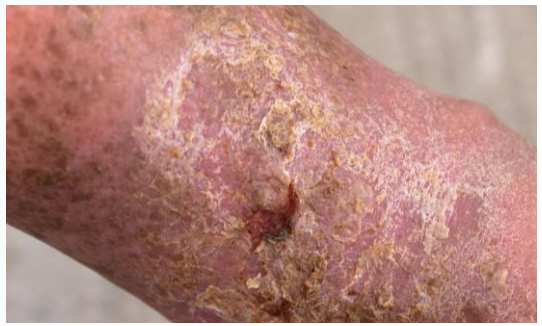
Hidradenitis Suppurativa

Incidence Rate: 1-4% of the population

Age of Onset: Typically after puberty

Duration: Lifelong illness

Standard of care: None / Gauze and Tape



Venous Leg Ulcers

Incidence Rate: 1.08-1.33%

Age of Onset: Typically >65yrs

Duration: 3 - 12 months

Standard of care: Advanced Wound Care



Diabetic Foot Ulcers

Incidence Rate: 1.9% - 4.0% of patients with diabetes

Age of Onset: Typically >65 yrs

Duration: 3 - 12 months – Can reoccur

Standard of care: Advanced Wound Care

The Personal Impact of Daily Wound Care for Hidradenitis Suppurativa: A Survey of 908 Patients



81% of patients report wound care negatively impacts their quality of life



8 hours / month spent on dressing changes

Moloney S, McGrath BM, Roshan D, Gethin G. The Personal Impact of Daily Wound Care for Hidradenitis Suppurativa. Dermatology. 2022;238(4).

Is HS Just A Dermatology Problem?

Patients need help to manage:

- Open Skin
- Exudate
- Pain
- Inflammation

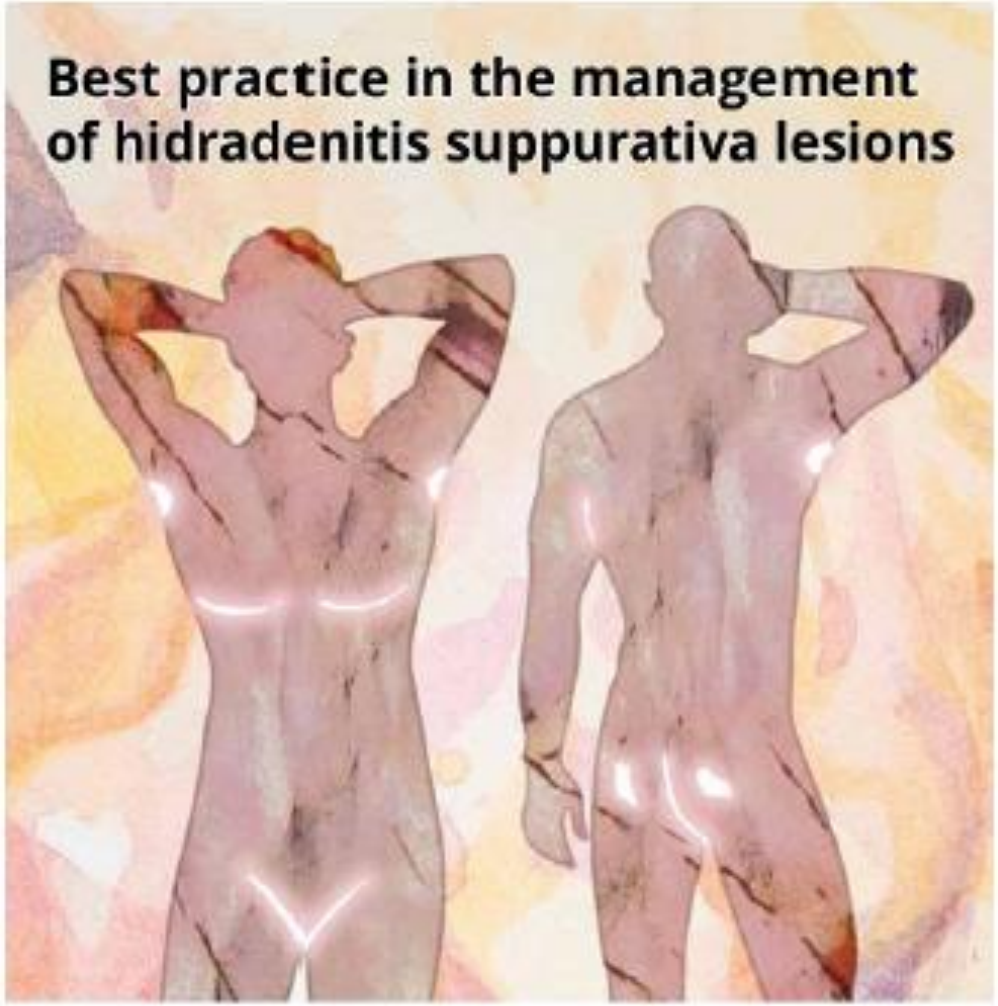


Best Practice Document

- More on HS and HS Lesions
- HS Wound Care Guidelines
- Treatment and Referrals
- Multidisciplinary Team

Read the full text here

JWC International Consensus Document



HidraMed Solutions

My HS Journey…

by Amy Colby

2004 - Aged 11 – First Symptoms began

- **Small nodules in my groin**
- **Sharp stabbing pains**
- **Home management**
- **Embarrassment**
- **Anxiety**





First appointment with my GP

Still 2004 –(turned 12 in the November)

‘It’s your hormones’

‘You’re getting these because you are overweight’

‘You’re not cleaning properly’

It’s because you wear sanitary towels’

‘You’re probably diabetic’

‘Wash your hair & body in Hibiscrub’

Treatment received by GP over the years

- Hibiscrub
- Short doses of Flucloxacillin
- Fucidin cream

How that first experience impacted my mental health

- Ashamed
- Paranoid
- Anxious
- Dirty
- Alone
- Stopped presenting to the GP
- Popped the nodules myself with a safety pin

The Importance of looking at the bigger picture











How my future looked before HS



Women's soccer giant meets would-be stars

GOAL: Priory School pupils and top woman football player, Lianne Sanderson.



The David Beckam Academy

Provided by funding from sponsors, the David Beckham Academy was able to host a series of activity days throughout the spring term and a staggering 1400 pupils from across Bromley schools were lucky enough to be selected and had the opportunity to take part.

Key stage 1 pupils took part in a mini football festival whilst key stage 2 children were involved in a team role challenge which involved some classroom activity as well as practical sessions. The key stage 2 days were supported by older students from Langley Park Boys School, The Glebe and Kelsey Park Sports College. The session festivals had a world cup theme with each school being allocated a country on arrival. Children who participated also received a certificate and football to take home.

A number of key stage 3 pupils from year 9 were also selected to attend a leadership day which again consisted of practical as well as classroom activities. Students had to deliver coaching sessions to each other whist the team at the academy gave feedback.

All sessions were led by the talented and friendly staff at The Academy and there was a buzz of excitement from the pupils as they were given the initial tour and walked along the hallway which displays shirts and boots that David Beckham has played in.

Significant worsening of HS & Mental health

- **2012 – age 19** - loss of my cousin Leon







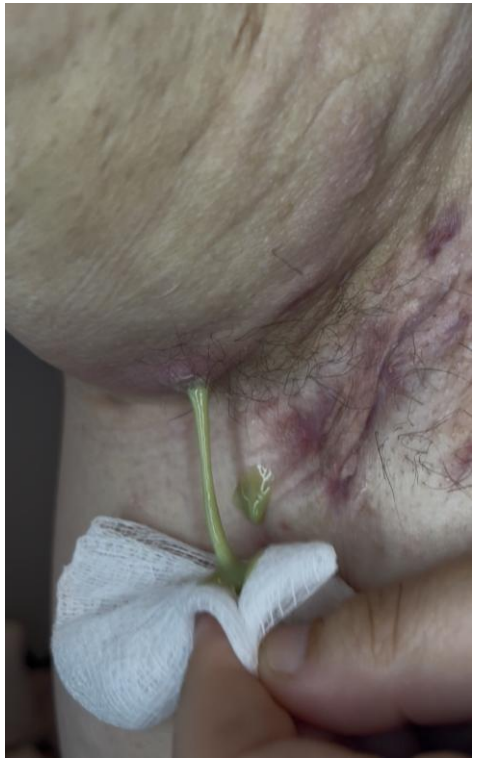


2017 – asked to be referred to a dermatologist – 18 month wait

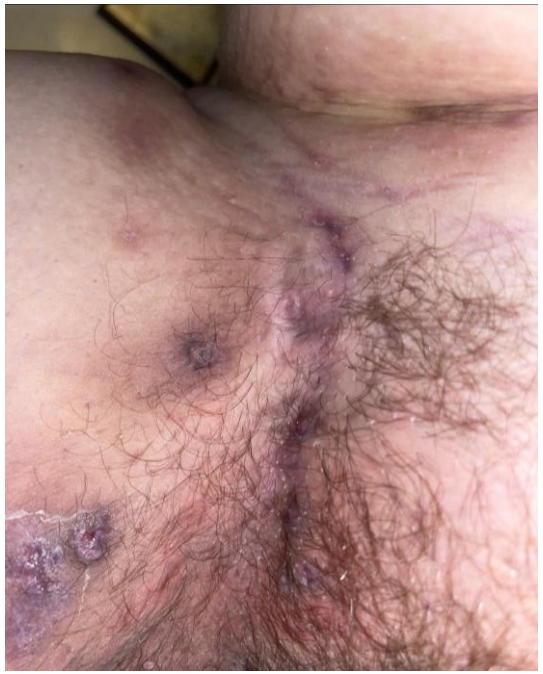
- 2019 – saw a dermatologist – straight away diagnosed me with Hidradenitis Suppurativa
- Fast tracked me onto biologic – Humira – worked great
- Funding was then cut & switched to Adalimumab – body didn't respond – HS worsened
- Put back on to Humira – had no effect
- Referred to HS clinic at Guys
- Told to try new biologic Secukinumab – plastic surgery an option but due to my weight they will not do it

Home treatment













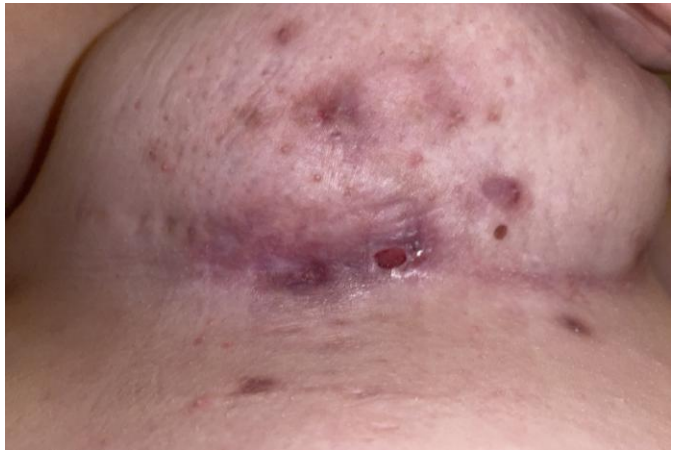






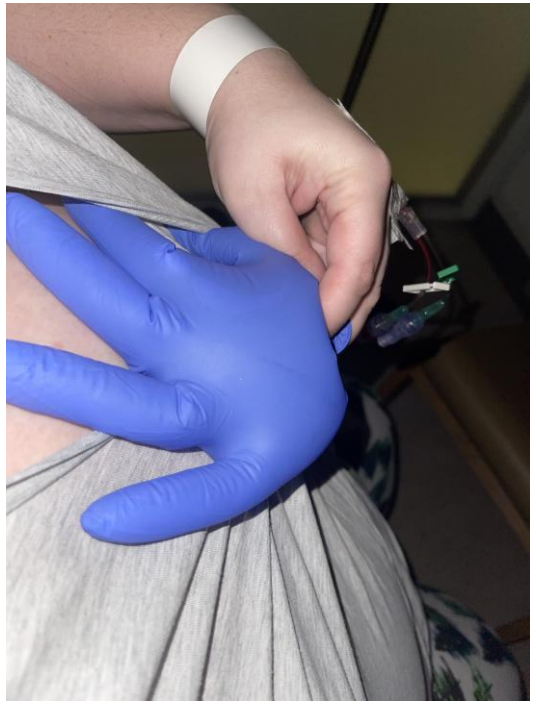



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Highly exuding wounds

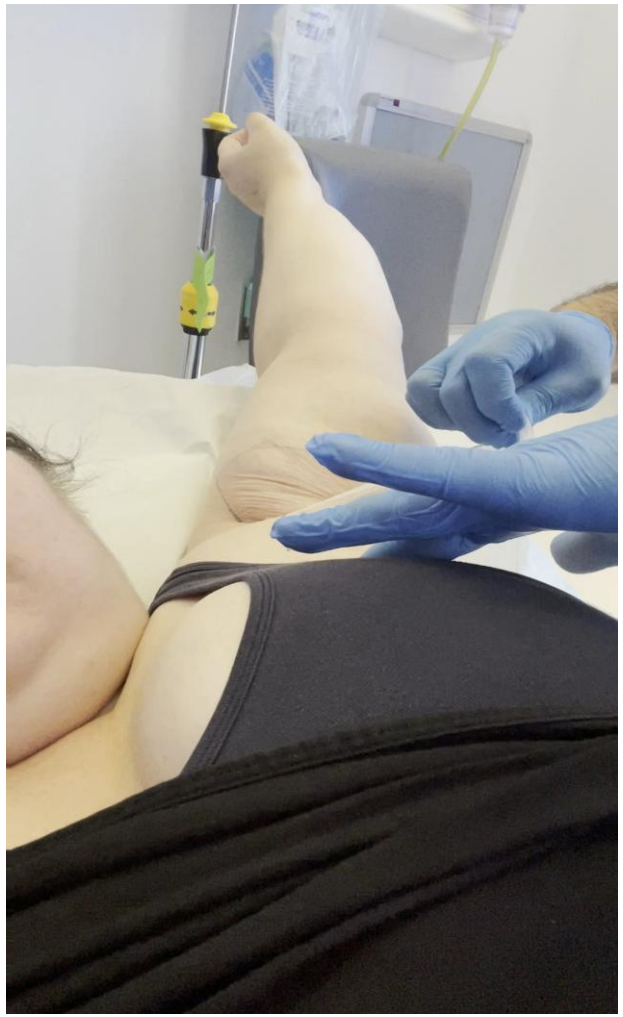


A regular conversation when admitted to hospital



Negative pressure dressing removal – this led to secondary infection







Recent surgery wound (20ml of thick pus drained)



Impact on work life/social life/daily life

- Loss of job
- Deep depression
- Suicidal ideation
- Isolation from friends & family
- Loss of self
- Dignity impacted
- Recently diagnosed with CPTSD





Treatment since diagnoses

- I have a great dermatologist locally who is advocating for me
- I am under the specialist HS clinic at Guys who I see yearly – I saw them on Monday 2/02/2026 – I have been told to continue Secukinumab injection bi-weekly. Start Septrin for 3 months and use topical metronidazole. Contact them in 3 months with an update and decision as to whether I would like to proceed with a clinical trial.
- My GP couldn’t be any more supportive (the same GP who told me all those years ago that it was down to hygiene etc). I have been the one to educate him on HS.
- I receive Hidrawear on prescription regularly via my GP

Hidrawear

- Independence
- Dignity
- Comfort
- Better absorption of exudate
- Positivity/confidence
- Time saving
- Trauma saving
- Smooth processes with ordering





Pilonidal Sinus







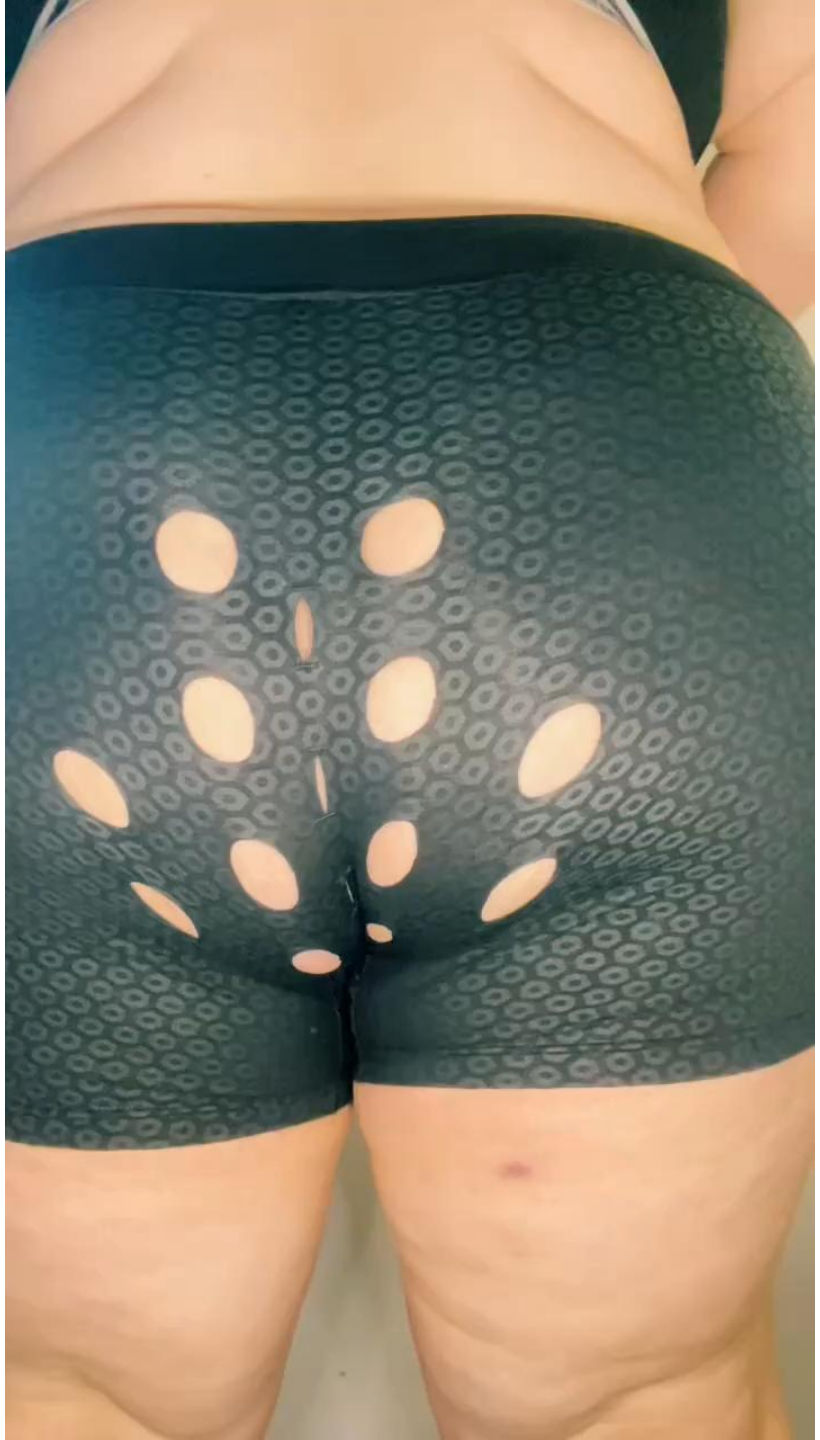






The Hidrawear Briefs

- Adhesive free
- Conforms to the cleft
- Does not move
- Super absorbent
- Discreet and comfortable
- No catching or wound dressing due to secure tab technology that keeps the dressing in place on the outside of the briefs
- Makes me feel secure



THE HS

Support Network

UK & Ireland HS education and support sessions

Part 2 ~ July to December, 2026

All meetings are 7pm-8:30pm.

- **Wed 29th July |** Psychological Well-being **|** *Dr Rukshana Ali*
- **Tue 11th Aug |** HS and the Menopause **|** *Dr Claudia Degiovanni and Dr Olivia Hum*
- **Tue 18th Aug | Male-Only** Peer Support (Open Topic) **|** *Barry McGrath & Heath Crossdale*
- **Wed 26th Aug |** Dermatologist Q&A: Treatments for HS and comorbidities **|** *Prof. John Ingram*
- **Tue 8th Sept |** Relationships and Intimacy **|** *Dr Natasha Langan*
- **Wed 30th Sept |** Wound Care & Dressings **|** *Kirsty Kettley*
- **Wed 28th Oct |** Pain Management **|** *Dr Hannah Wainman & Sue Barnes*
- **Tue 10th Nov |** Peer Support (Family, friends, employers: An intro to HS for the people around us)
- **Tue 17th Nov | Male-Only** Peer Support (Open Topic) **|** *Barry McGrath & Heath Crossdale*
- **Wed 25th Nov |** Dermatologist Q&A: Clinical Trials **|** *Dr Emma McMullen*
- **Wed 16th Dec |** Dermatologist Q&A: Biologics & Surgery **|** *Dr Laura Savage & Mr Adam Peckham-Cooper*
- **Tue 29th Dec |** Peer Support (Open Topic: The role of diet and alternative treatments)

We look forward to seeing you

For more information, or to register and join in our monthly meeting, please email:

HSSNUKANDIRELAND@OUTLOOK.COM

THE HS SUPPORT NETWORK - UK AND IRELAND **THE_HS_SUPPORT_NETWORK**

Questions?

- If you wish to reach out after this event, then please see my social media information below:



Please drop me a message on:
instagram : @myhsjourney
TikTok : myhsjourney4



Sharing your story is the bravest thing you can do 💜