



# Hidradenitis Suppurativa: Origin, Manifestations and Medical Therapy

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## DESCRIPTION

Hidradenitis Suppurativa (HS) is a chronic and distressing skin condition. Also known as acne inversa, this inflammatory disorder primarily targets the hair follicles in areas of the body where skin rubs together, such as the armpits, groin, buttocks, and under the breasts. Although the exact cause of HS remains unclear, medical experts believe that a combination of genetic, immune system, and environmental factors may contribute to its development.

The hallmark of HS is the formation of painful, swollen, and recurrent abscesses or boils. These lesions can rupture and leak foul-smelling fluid, leading to the formation of sinus tracts, which further complicates the condition. The pain and discomfort associated with HS can be debilitating, affecting patients' mobility and overall of life. Additionally, the psychological impact of this condition should not be underestimated, as many individuals with HS experience feelings of embarrassment, shame, and isolation.

As HS shares symptoms with other skin conditions, diagnosing it can be challenging. A thorough examination of the affected areas, coupled with the patient's medical history, is essential for accurate diagnosis. In some cases, a skin biopsy may be necessary to rule out other conditions and confirm HS. Early diagnosis as it allows for timely intervention and management to prevent the progression of the disease.

HS is a chronic condition that lacks a definitive cure, making management a priority for affected individuals. Treatment options may vary depending on the severity of the condition, ranging from lifestyle modifications and self-care to medical and surgical interventions. One of the fundamental steps in managing HS is maintaining proper skin hygiene, avoiding tight-

fitting clothing, and managing weight, as obesity is linked to more severe HS symptoms.

Topical treatments, such as antibiotics and anti-inflammatory medications, may be prescribed to manage mild cases. However, for moderate to severe HS, systemic therapies such as oral antibiotics, corticosteroids, or immunosuppressive drugs might be necessary. Biologic therapies, which target specific molecules involved in the inflammatory process, have shown results in some cases.

In cases where abscesses and sinus tracts persist despite medical treatment, surgical procedures may be considered. Incision and drainage of abscesses, laser therapy, and surgical removal of affected skin areas are some of the surgical options available. However, it is essential to understand that while surgery may alleviate symptoms temporarily, it does not guarantee a permanent cure for HS.

Support and education are the aspects of managing HS. Furthermore, raising awareness about HS among healthcare professionals, the general public, and policymakers can help improve early diagnosis, access to care, and research funding.

In conclusion, Hidradenitis Suppurativa exact cause remains unclear, a combination of genetic, immune system, and environmental factors likely contributes to its development. Early diagnosis and appropriate management are pivotal to improving the life for those affected by HS. From lifestyle changes and topical treatments to systemic therapies and surgical interventions, a comprehensive approach is necessary to address the physical and emotional impact of this condition. By increasing awareness and supporting research efforts, we can strive towards better understanding and improved care for individuals living with Hidradenitis Suppurativa.

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