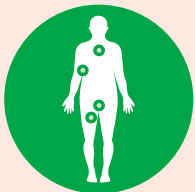


Hidradenitis suppurativa (HS) symptom screener

**Hidradenitis suppurativa (HS) is often characterised
by the following features:^{1,2}**



1. Deep-seated nodules, abscesses or boils that may already have formed scars and sinus tracts



2. Occur primarily in the armpits, groin, buttocks or underneath the breasts



3. Have occurred more than twice in the last 6 months

Do these three features sound familiar to you? If so, it is worth answering the following screening question for patients, which has been validated in a published screening study:¹

Do you repeatedly have outbreaks of big, sore or painful boils that heal with scars in any of these body areas?

☐

Groin

☐

Sexual organs

☐

Under the breasts

☐

Armpits

☐

Anal region

☐

Folds on the stomach/around the navel



If you answered “yes” to this question for any of these areas it may be worth considering asking your GP for a referral to a dermatologist for further investigation into a possible HS diagnosis.

Hidradenitis suppurativa (HS) symptom screener



Helpful hints on how to prepare for your appointment with a dermatologist

- Write down your signs and symptoms, and/or bring pictures as your sores may change over time. This gives your dermatologist as much information as possible about what you have been experiencing
- Tell your dermatologist when and where you first noticed your signs and symptoms
- Tell your dermatologist anything you've been using on your bumps or sores that has helped
- List or bring all the medicines you take, including vitamins and supplements
- Write down your questions and concerns and take them with you, as a stressful situation can make it difficult for you to remember everything
- You are likely to be asked to show your symptoms or sores to your dermatologist, so wear clothes that are easy to remove



Some questions your dermatologist may ask you

- When did your symptoms start?
- How often do you get them?
- If your symptoms went away, how long were they gone?
- Have your symptoms changed since they first appeared?
- Is there a history of skin disease in your family?