



ACNE, ROSACEA, AND RELATED DISORDERS (INCLUDING HIDRADENITIS SUPPURATIVA)

HIDRADENITIS SUPPURATIVA (HS): A MULTIDISCIPLINARY APPROACH

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Introduction: Hidradenitis Suppurativa (HS) is a chronic skin disease with a characteristic clinical presentation of recurrent or chronic painful or suppurating lesions in the apocrine gland-bearing regions occurs in repeated outbreaks of sore pimples or abscesses, located in intertriginous areas. Research shows that there can be a genetic component with HS. About 1/3 of people diagnosed with HS have a family member also living with the condition. Some trigger factors may worsen and HS: smoking, feeding and psychological causes can cause skin manifestations to worsen.

Objective: We report our experience in the management of the disease in the 70 patients with a multidisciplinary approach that simultaneously involves the dermatologist, psychologist, nutritionist, surgeon

Materials and methods: The patients belonging to our clinic were all subjected to a careful clinical examination and a cutaneous ultrasound to identify the most appropriate therapeutic path. During the first visit, all patients, both obese and normal, were offered an interview with a nutrition specialist who prescribed a personalized diet with anti-inflammatory foods. The psychological aspect was dealt with the help of a psychologist who included patients in a single therapeutic path or in group psychotherapy, depending on the individual needs of the patients. Finally, patients who needed drainage of abscesses or advanced dressings were assigned to specialist medical and nursing staff.

Results: The 40 Patients who agreed to follow the multidisciplinary path by associating medical and surgical therapy also had control of nutrition and the psychological pathway had a better response and less onset of recurrences.

Conclusions: From our experience, we believe fundamental in the treatment of HS the integration of medical-surgical therapy with the change of lifestyle through a psychotherapeutic and nutritional path to obtain stable and lasting clinical and symptomatic





improvements

