

TO: THOSE NEWLY DIAGNOSED WITH HIDRADENITIS SUPPURATIVA

Spend time seeking out online support groups. They will be a well-spring of information and support from people who know exactly what you are going through!



You may know someone that has HS that is undiagnosed and by speaking about your own experience, you may help someone else.

Don't be ashamed. You are not alone. Fight with us so we can find a cure.



Demand answers from doctors.

Please go see a dermatologist ASAP and learn all you can on HS. You will need to explain HS to many other healthcare professionals, since many don't know a thing about the condition or treatment options. Ask many questions. Make a list if possible so you don't forget.



It most likely won't get better but you learn to deal with it. You will learn your limits and things that can help with it.

Keep your head up and don't let the disease tear you down. Find a support system that will help you like family or friends. And keep the wounds clean at all times!



Read the book *The Hidden Plague*.



There are things that help but what you have is forever. It's not contagious. You are not ugly or less than because of HS. Doctors truly don't know how to handle it, especially if it's a complicated case.

You have to be your own advocate - if you're not happy with your healthcare, you have to push for what you need.



Find the support groups. They will help you learn how to be honest with friends and family, they will be tangible proof that you are not alone, and a reminder that an actual life is possible. Emotional implications of this illness are just as real as the physical ones.



FROM: WE'VE BEEN THERE

For more information, visit:
www.canadianskin.ca/hsreport

