

# UNDER MY SKIN

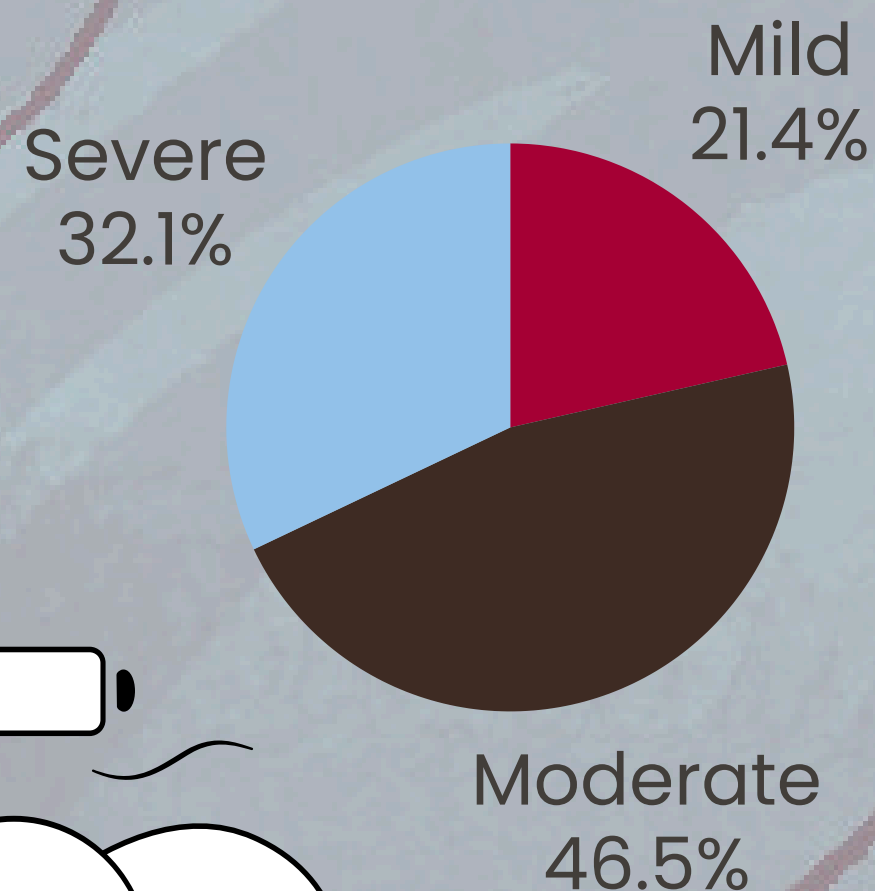
Unite.  
Educate.  
Empower.



Canadian Skin Patient Alliance  
Alliance canadienne des patients en dermatologie

Unir.  
Éduquer.  
Dynamiser.

Self-reported severity of HS:



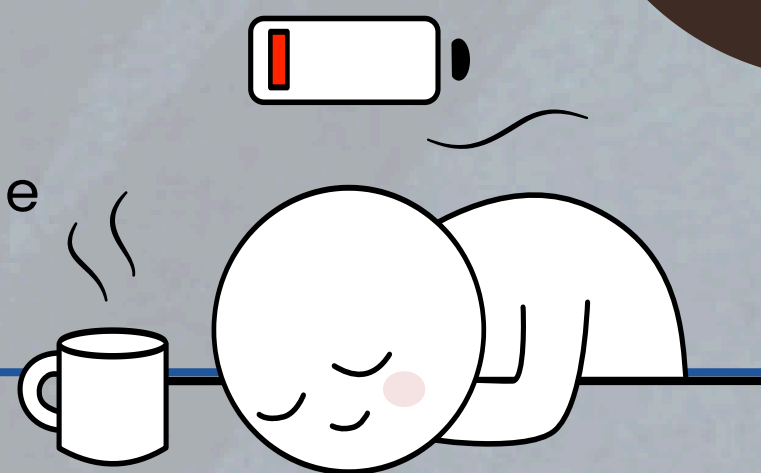
## The Hidden Burden of

# HIDRADENITIS SUPPURATIVA

How HS impacts physical health, mental well-being, relationships, work and daily life – from the voices of those who live with it.

### 29

Individuals surveyed living with HS from a total of 308 individuals responding to CSPA's National Report of Patients' Experiences on the Impact of their Dermatological Conditions on their Mental Health



### HS affects daily physical functioning

## 72%

Experienced physical discomfort, soreness, or irritation

## 65%

Felt tired, fatigued, or lacked energy

## 55%

Said HS negatively affected general physical health

## 45%

Reported disrupted or poor sleep

## 55%

Said HS dictated everyday choices like clothing & products

## 55%

Said HS affected leisure activities & exercise

### The emotional impact is **profound**

- Strongly worried their condition would worsen



- Felt desperate for a cure



- Reported thoughts about not wanting to be alive anymore



- Had extra financial expenses related to HS



### HS disrupts careers, education and daily roles

“The absences were prolonged and repeated, which ultimately forced me to withdraw from school.”

### HS changes how people connect with others

“I don't feel comfortable being intimate with another person because of my condition and feel repulsive for it.”

