Which factors are identified by the patients as disrupters of hidradenitis suppurativa?

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**Background:** Whether smoking, overweight or others factors are recognized as disrupters of disease course by the patients themselves is unknown

**Five closed questions:** Do you think stress, menstrual cycle, contraception, pregnancy, or menopause influence the course of your disease?

**Conclusion:** Efforts have to be made to explore the mechanisms underlying patients’ assessments that some factors influence the course of their disease such as stress and hormone-related events. Other efforts must point patients’ education about the worsening roles of smoking and overweight and how to behave regarding hair, sweat and frictions. The vicious self-sustaining loop of flares and psychological impact must be taken into account.

**Open question:** Have you identified factors that influence the course of your disease?

**n = 771 HS patients**

- **Drugs**: 0.4% non-steroidal anti-inflammatory drugs (n=2) or lithium (n=1)
- **Parties**: 3.0% including 13 patients who incriminated binge drinking worsening (n=27) of improvement (n=1)
- **Smoking**: 3.6% junk food (n=16), milk (n=1) or industrial products (n=1)
- **Food**: 3.8% excessive body hair (n=3), shaving (n=13) or depilation (n=16)
- **Hair**: 4.2% heat (n=36), moisture (n=2), pollution (n=1), cold (n=1) or bathing in the sea (n=1)
- **Sweat**: 4.8% worsening (n=13) or improvement (n=42) after weight loss;
- **Outdoor conditions**: 5.3% heat (n=36), moisture (n=2), pollution (n=1), cold (n=1) or bathing in the sea (n=1)
- **Friction**: 7.5% worsening (n=13) or improvement (n=42) after weight loss;
- **Weight**: 8.9% asthenia (n=68), depression (n=8) or intercurrent disease (n=4) including inadequately managed hypothyroidism (n=2)
- **Intercurrent health conditions**: 10.1%