



Impact of Hidradenitis Suppurativa on Women Physical, Emotional, and Social Challenges

Jyoshi Kaur*

Department of Obstetrics and Gynecology, Northwestern University, Chicago, USA

*Corresponding Author: Jyoshi Kaur, Department of Obstetrics and Gynecology, Northwestern University, Chicago, USA; E-mail: jyoshikaur112@gmail.com

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Description

Hidradenitis Suppurativa (HS) is a chronic inflammatory skin condition that primarily affects women. It is characterized by painful, recurrent nodules and abscesses in areas such as the armpits, groin, and buttocks. Beyond the physical symptoms, HS can have a profound impact on the lives of women, affecting their physical well-being, emotional health, and social interactions [1,2].

Hidradenitis Suppurativa (HS) physical discomfort

Hidradenitis Suppurativa (HS) can cause significant physical discomfort and impair daily functioning for women affected by the condition.

Pain and discomfort: HS lesions can be extremely painful, making movements, sitting, or wearing certain clothing uncomfortable [3].

Recurrent infections: The frequent occurrence of abscesses and open wounds can lead to recurring infections, adding to physical discomfort and potential complications.

Scarring and skin changes: As the condition progresses, HS can cause scarring, skin discoloration, and changes in skin texture, leading to body image concerns [4].

Restricted mobility: Due to pain and discomfort, women with HS may experience limitations in their mobility, making it difficult to engage in physical activities and affecting their overall quality of life.

Emotional and psychological impact

The emotional and psychological impact of HS on women should not be overlooked. The following factors contribute to the challenges faced [5,6]. The chronic nature of HS, coupled with the physical pain and associated limitations, can lead to feelings of frustration, depression, anxiety, and lowered self-esteem.

Body image and self-confidence: HS lesions and scarring may significantly affect body image, leading to a diminished sense of self-worth and confidence [7].

Social isolation and stigmatization: Women with HS often face social challenges due to the visible nature of the condition. They may withdraw from social interactions, feel self-conscious, or experience

stigma and judgment from others who may not understand the condition [8].

Impact on intimate relationships: HS can affect intimate relationships due to physical discomfort, self-consciousness, and challenges in engaging in activities that may be enjoyable for both partners [9]. HS can impact various aspects of a woman's social life, including:

Work and career: The physical and emotional burden of HS can affect a woman's ability to perform certain job functions, leading to missed workdays, reduced productivity, or difficulty in maintaining employment.

Personal relationships: HS can strain personal relationships, especially if partners, friends, or family members do not fully understand the condition. Lack of support or empathy may lead to strained relationships or isolation [10].

Limited participation in activities: Women with HS may face limitations in participating in social events, hobbies, or physical activities they once enjoyed, leading to feelings of exclusion and isolation.

Healthcare access and advocacy: Accessing appropriate healthcare, finding knowledgeable healthcare providers, and advocating for adequate treatment can be challenging for women with Hidradenitis Suppurativa (HS).

Conclusion

Hidradenitis suppurativa has a multifaceted impact on women, affecting their physical, emotional, and social well-being. The pain, scarring, and restricted mobility associated with HS can significantly impact daily life and self-perception. The emotional toll, including feelings of frustration, depression, and anxiety, can further exacerbate the challenges faced by women with HS. Additionally, social stigmatization, social isolation, and limitations in work and personal activities add to the burden they carry.

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