

Doctor Conversation Guide

To create your very own conversation guide, simply answer the questions below. On the next page, check the parts of your body where you're having symptoms.

Questions your dermatologist might ask you:

1. When did your symptoms start?
2. What makes your symptoms worse, and what makes them better?
3. How often do you get these symptoms?
4. If your symptoms went away, how long were they gone?
5. Have your symptoms changed since they first appeared?
6. Is there a history of skin disease in your family?

Select the questions that you want to ask your dermatologist:

- Have you treated people with HS before?
- Is it normal for my abscesses to get so big? Is it normal for them to burst?
- Would you characterize my HS as mild, moderate, or severe?
- What can I do to manage these symptoms? What treatment options are available for me?
- Can you help me understand what's going on inside my body to cause my HS?

Select the concerns you want to tell your dermatologist:

- Any pain you feel with symptoms
- Any limitations in mobility you have with your arms or legs
- Signs and symptoms that get in the way of your everyday living (working or enjoying time with family, friends, and/or your significant other)
- Any issues you've had with intimacy
- Special diets, fitness programs, or personal habits like smoking

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Where does it strike?

Though HS can affect men and women in different ways, there are many things they have in common. For example, symptoms usually appear in areas where you have hair and where skin rubs together, like under the arms and in the groin area. Please check off the areas below where you're having symptoms and review with your dermatologist.

MEN

- The ears**
- Back of neck**
- The underarms**
- The groin area**
- The buttocks**
- The inner thighs**

WOMEN

- Underneath the breasts**
- The underarms**
- The groin area**
- The buttocks**
- The inner thighs**