

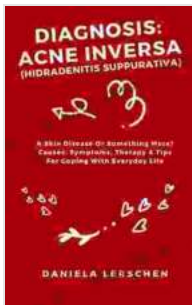
# Acne Inversa Hidradenitis Suppurativa: A Comprehensive Guide to Diagnosis, Treatment, and Management

Acne inversa, also known as hidradenitis suppurativa, is a chronic skin condition that causes painful, swollen lumps under the skin. These lumps can occur anywhere on the body, but they are most common in the armpits, groin, and buttocks. Acne inversa is a type of inflammatory skin condition that affects the sweat glands. It is often mistaken for acne, but it is a different condition.

The symptoms of acne inversa can vary from person to person. Some people may only have a few mild symptoms, while others may have severe symptoms that can interfere with their daily lives. The most common symptoms of acne inversa include:

- Painful, swollen lumps under the skin
- Lumps that may be red, purple, or black
- Lumps that may drain pus or blood
- Lumps that may cause itching or burning
- Scarring
- Skin thickening
- Painful intercourse
- Fatigue
- Fever

The exact cause of acne inversa is unknown, but it is thought to be caused by a combination of factors, including:



## Diagnosis: ACNE INVERSA (Hidradenitis suppurativa): A Skin Disease Or Something More? Causes, Symptoms, Therapy & Tips For Coping With Everyday

Life by Daniela Lerschen

★★★★★ 5 out of 5

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- **Genetics:** Acne inversa is thought to be a genetic condition. People who have a family history of acne inversa are more likely to develop the condition.
- **Hormones:** Acne inversa is thought to be linked to hormones. The condition is often worse during puberty and pregnancy, when hormone levels are changing.
- **Bacteria:** Acne inversa is thought to be caused by bacteria that live on the skin. These bacteria can get into the sweat glands and cause inflammation.
- **Immune system:** Acne inversa is thought to be an autoimmune condition. This means that the body's immune system attacks its own

tissues.

Acne inversa is diagnosed based on a physical examination. Your doctor will look for the characteristic symptoms of the condition, such as painful, swollen lumps under the skin. Your doctor may also Free Download a biopsy to confirm the diagnosis. A biopsy is a procedure in which a small sample of skin is removed and examined under a microscope.

There is no cure for acne inversa, but there are treatments available to manage the symptoms. The goal of treatment is to reduce inflammation and prevent scarring. Treatment options include:

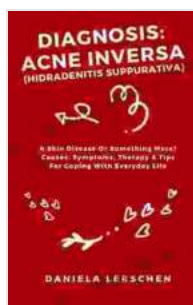
- **Medications:** Medications can be used to reduce inflammation and pain. Medications that are used to treat acne inversa include antibiotics, corticosteroids, and immunosuppressants.
- **Surgery:** Surgery may be necessary to remove large or infected lumps. Surgery can also be used to drain abscesses.
- **Lifestyle changes:** Lifestyle changes can help to manage the symptoms of acne inversa. These changes include losing weight, avoiding tight clothing, and keeping the skin clean and dry.

In addition to medical treatment, there are a number of things you can do to manage the symptoms of acne inversa. These include:

- **Keep the skin clean and dry.** Washing the affected area twice a day with a mild soap and water can help to keep the skin clean and free of bacteria.

- **Avoid tight clothing.** Tight clothing can rub against the skin and irritate the lumps. Wear loose, comfortable clothing made from natural fibers, such as cotton.
- **Lose weight.** Being overweight or obese can worsen the symptoms of acne inversa. Losing weight can help to reduce inflammation and improve the overall health of your skin.
- **Manage stress.** Stress can trigger flare-ups of acne inversa. Find healthy ways to manage stress, such as exercise, yoga, or meditation.

Acne inversa is a chronic skin condition that can be painful and debilitating. However, there are effective treatments available to manage the symptoms and improve the quality of life for people with the condition. If you have any of the symptoms of acne inversa, see your doctor for a diagnosis and treatment.



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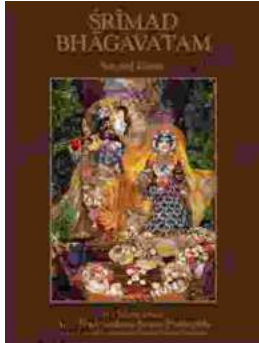
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