Dear Licensed Physician,

Thank you for your assistance in helping this student with Hidradenitis Suppurativa obtain safe food from the school lunch program. I am providing some information and tips to help you complete the School Lunch Accommodation Form (varies by state).

What is Hidradenitis Suppurativa?

Hidradenitis Suppurativa (HS) is a chronic, inflammatory skin disease characterized by painful nodules and abscesses which form most commonly in sensitive areas: under arms and breasts, along buttocks and groin, though HS may appear anywhere there is hair. This is a chronic relapsing disorder of the defective folliculopilosebaceous units (FPSUs). The blockage of the FPSUs is part of the disease process, and one way that nutrition contributes to disease activity.[1] The causes of HS are yet to be elucidated, but it is thought to be due to a combination of genetic and environmental factors that trigger inflammatory pathways.[2]

What foods have been researched in Hidradenitis Suppurativa?

- **High Glycemic Foods:** Include white bread, white rice, white pasta, rice cakes, most crackers, bagels, cakes, doughnuts, croissants, most packaged breakfast cereals, candy, cookies, sugar etc. These highly refined simple carbohydrates can cause blood glucose spikes, which increases insulin that in turn contributes to HS flares.[3]
    - High glycemic and high dairy protein diets may be the initial trigger for plugging of folliculopilosebaceous units (FPSUs) common to HS.[4]

- **Dairy:** Dairy products include casein, whey, natural androgens, and numerous growth factors. These promote hyperinsulinemia and higher levels of insulin-like growth factor (IGF-1) which exposes the FPSU to androgens and this causes HS symptoms. Hormones, in particular androgens, are thought to activate HS.[3,5]

- **Brewer's/Baker's/Nutritional Yeast (saccharomyces cerevisiae):** These are ingredients in bakery products such as bread, pizza dough, pastries, and cakes which helps them rise, also used to produce beer, wine, and cheese. Patients with HS improved when they eliminated Brewer's yeast from their diet.[3,6]

- **Red and Processed Meat:** These foods promote inflammation. Leucine, an amino-acid found in high concentrations in red meat and dairy products, stimulates the insulin/IGF-1 pathways which is associated with HS lesional severity.[7,8]

- **Nightshades:** These include white potatoes (not including sweet potatoes), eggplant, tomatoes, eggplant, Goji berries, Cape gooseberries, huckleberries, and peppers and spices made from peppers such as cayenne pepper, paprika, chili spices, curry powder, red pepper. These foods are thought to increase intestinal permeability via components like glycoalkaloid poison (solanine), alpha tomatine, and capsaicin.[3]

School Lunch Accommodation Form

There is a process for students to obtain safe foods for their medical conditions that varies by state. Please use your state's form and follow the directions. As you fill out this form, please keep in mind the following:

- A licensed physician, physician assistant, or nurse practitioner **must** complete this form (check your state's form instructions as this may vary).
- Please include as many details as possible.
- Please be specific with substitutions (see chart below for recommendations)
- Please fill out all sections of this form.
- Once completed, this form can be returned to the student's school.

Example description of how food contributes to the disease Hidradenitis Suppurativa:

- Research in the area of diet and Hidradenitis Suppurativa has begun to elucidate how foods contribute to disease activity. Research suggests that foods may trigger the following mechanisms: cause blood glucose spikes, which increases insulin that in turn contributes to HS flares; act as the initial trigger for plugging of folliculopilosebaceous units (FPSUs) common to HS; stimulate the insulin/IGF-1 pathways which is associated with HS lesional severity; and increase intestinal permeability via components like glycoalkaloid poison (solanine), alpha tomatine, and capsaicin.

Example explanation of specific diet or accommodation for Hidradenitis Suppurativa:

- Hidradenitis Suppurativa diets omit High Glycemic Foods, Dairy, Yeast (saccharomyces cerevisiae), Red & Processed Meat, and Nightshade Vegetables.

Foods that may trigger Hidradenitis Suppurativa (Omit these foods)	Recommended Substitutions
High Glycemic Foods: Include white bread, white rice, white pasta, rice cakes, most crackers, bagels, cakes, doughnuts, croissants, most packaged breakfast cereals, candy, cookies, sugar etc.	Low Glycemic Foods: fruits and vegetables, beans, fish, minimally processed grains, nuts and seeds.
Dairy	Plant-based milk or a serving of calcium-rich vegetables such as green leafy vegetables like spinach, kale, and okra.
Brewer's/Baker's/Nutritional Yeast (saccharomyces cerevisiae)	Minimally processed grains
Red and Processed Meat	Chicken, Fish, Turkey
Nightshades	Alternate foods such as sweet potatoes, cauliflower, beets, carrots, grapes, mushroom, celery, radish, zucchini, blueberries, cranberries, raisins. Spices could include black pepper, cumin and turmeric.

Thank you again for helping ensure the student with Hidradenitis Suppurativa is able to obtain safe foods from their school lunch program. I am happy to answer any questions and offer assistance.

In Good Health,



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