HS FLARE, LIFESTYLE & FOOD JOURNAL

Use this journal to identify possible Hidradenitis Suppurativa (HS) triggers by tracking your flares and things happening around the same time. Use the comments section to add more details or record something that is not listed. You may be able to identify patterns in your activity and flares and use this to help manage your HS.

HS triggers are very personal; what helps one may not help another. Keeping a journal is a great way to see what may be a trigger for you.

Date of Flare	Comments (location of flare, what you think triggered it, etc.)

POTENTIAL FLARE TRIGGERS

LIFESTYLE

- Stress
- Temp/Sweating
- Shaving
- Friction / Exercise
- Hormones

FOOD

- Dairy
- Nightshades
- Brewer's Yeast
- Red & Processed Meat
- High Glycemic Foods

Notes

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Notes

Below is an explanation of how each item may contribute to an HS flare:

Stress: Stress can increase hormones like cortisol, which directly trigger a rise in inflammation.1,2

Temperatures/Sweating: Some find that warmer temperatures and sweating lead to more flares. Low-intensity and low-impact exercise is suggested to minimize overheating and excessive sweating.3

Shaving: Shaving in an area with active lesions may worsen lesions.3 Trimmers are recommended instead.

Friction/Exercise: Wearing loose-fitting, breathable clothes with 100% cotton, rayon, or bamboo fibers.3 Tighter fitting athletic (moisture-wicking) clothing can reduce friction during exercise. You can try cotton shirts and yoga or biker shorts.

- Women can try sports bras or camisoles with built-in wireless bras and women's briefs or boy shorts to decrease friction in these areas.3 If boy shorts are too short, try long fitted men's boxers.
- During exercise, wear loose clothing and apply a barrier cream or sweat-absorbing powder prior to exercise to decrease skin friction. Moisture-wicking fabric can also be helpful.3 If this doesn't work for you, you may want to try the tighter fitting clothing mentioned above.
- Low-intensity and low-impact exercises that minimize overheating, such as Pilates, yoga, and swimming, should be encouraged. Try to design exercise regimens with minimal friction in areas of active HS lesions.3

Hormones: Some women with HS notice flares that coincide with specific times in their menstrual cycle, such as ovulation and menstruation.

Dairy: Dairy products include casein, whey, natural androgens, and numerous growth factors. These factors may contribute to mechanisms that cause HS symptoms. Hormones, in particular androgens, are thought to activate HS.4

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 are thought to increase intestinal permeability via components like glycoalkaloid poison (solanine), alpha tomatine, and capsaicin.4

Brewers Yeast: Ingredient 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 who tested as having a wheat intolerance improved when they eliminated Brewer's yeast from their diet. In the diet group, 70% had improved HS. 87% of those had recurrence of HS with eating yeast in less than a week.5

Red & Processed Meat: Red and processed meat promote inflammation.6

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 foods can cause blood sugar spikes, which increases insulin that in turn contributes to HS flares.7

Please note HS is a very personal illness with personal triggers; what may work for one may not work for another.

Content in this article is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay seeking treatment because of something you have read on this website.

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