

# Hidradenitis suppurativa : Aggravating factors experienced by patients in a global study. ALL Project.



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## RATIONAL & OBJECTIVES

Hidradenitis suppurativa [HS] poses a significant obstacle in modern dermatology, primarily due to the complexities surrounding its diagnosis. Characterized by painful nodules and recurring abscesses, this chronic inflammatory skin ailment is frequently misunderstood or inaccurately diagnosed. The intricate nature of its symptoms and the diverse ways it manifests clinically often result in diagnostic delays, which hinder patients from receiving prompt and suitable treatment.

## METHODOLOGY

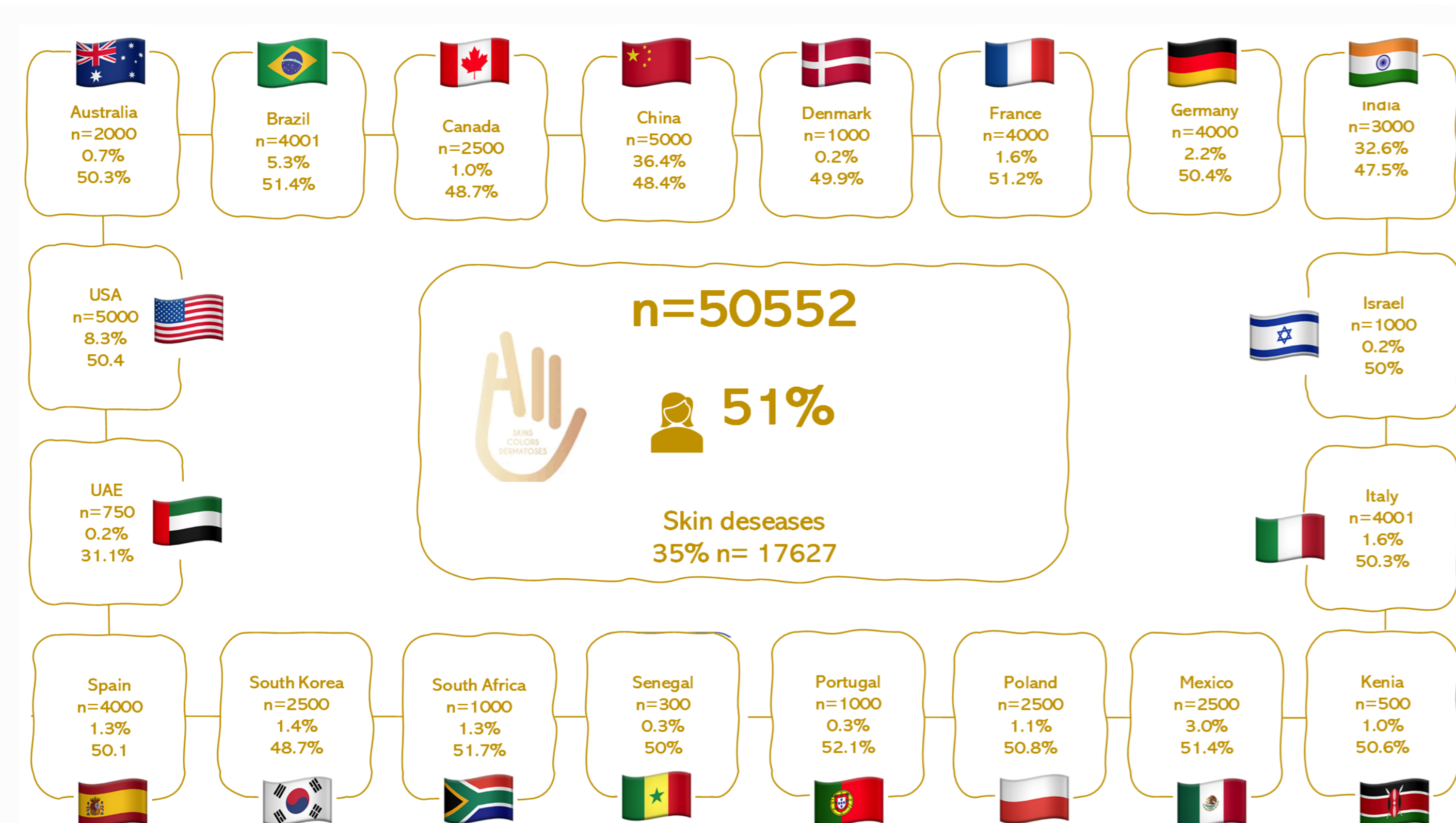
The ALL PROJECT is a large-scale study of individuals representative of the adult population in 20 countries on five continents: Europe [France, Italy, Germany, Poland, Portugal, Spain, Denmark; n=17500], Latin America[LA] [Brazil, Mexico; n=6501], Asia [China, India, South Korea; n=10500], North America [NA] [Canada, USA; n= 7500 ]; Middle East [ME] [Israel, United Arab Emirates; n=2750], Australia [Australia; n=2000] and Africa [Kenya, South Africa, Senegal; n=1800].

In each of the 20 countries surveyed, representative and extrapolable samples of the general population aged 16 and over were interviewed.

This methodology ensures that the results of the study can be generalized to the entire population of each country included in the project, thus providing a global and diversified perspective of the subjects studied.

Patients reporting only hidradenitis suppurativa as confirmed by a healthcare professional, were identified to avoid attributing effects to another skin condition.

The results were compared using chi-squared or Fisher's exact test. The alpha risk was set at 5% and two tailed tests were used. Statistical analysis was performed using EasyMedStat (version 3.34; [www.easymedstat.com](http://www.easymedstat.com)).



## RESULTS

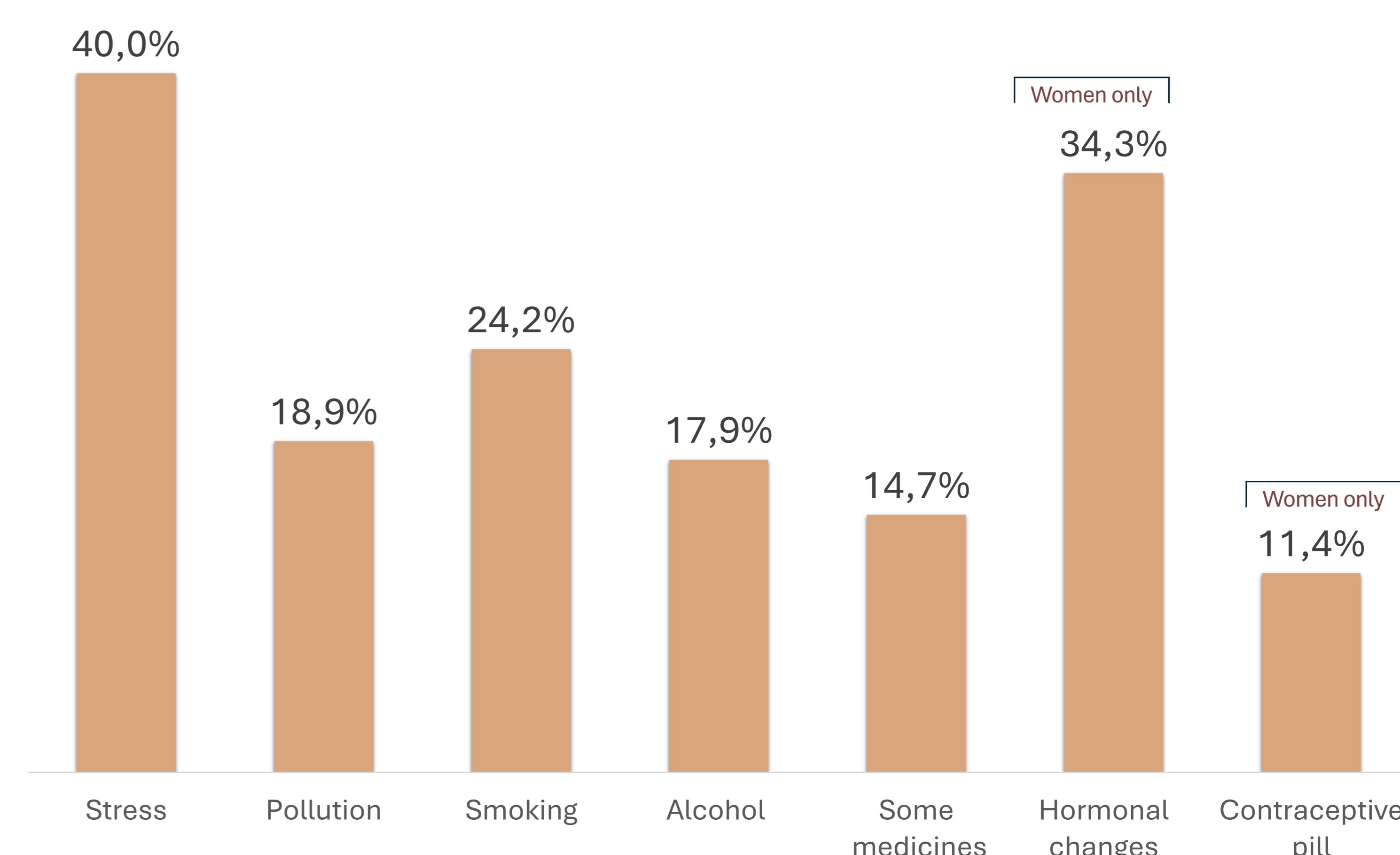
The prevalence of hidradenitis suppurativa disease in Europe is 1%. In Asia and the Middle East, the prevalence is 2.0% and 3.3%, respectively. These two regions stand out statistically, with significantly higher prevalences than in Europe. In, North America, Africa and Australia, the prevalence is significantly lower, with respective values of 0.7% for the first, 0.5% for the second and 0.4% for the third. The prevalence in Latin America was also lower, at 0.8%.

In order to avoid any potential bias, patients who reported no other skin disease than hidradenitis suppurativa disease were identified to avoid attributing effects to another skin condition. (n=95).

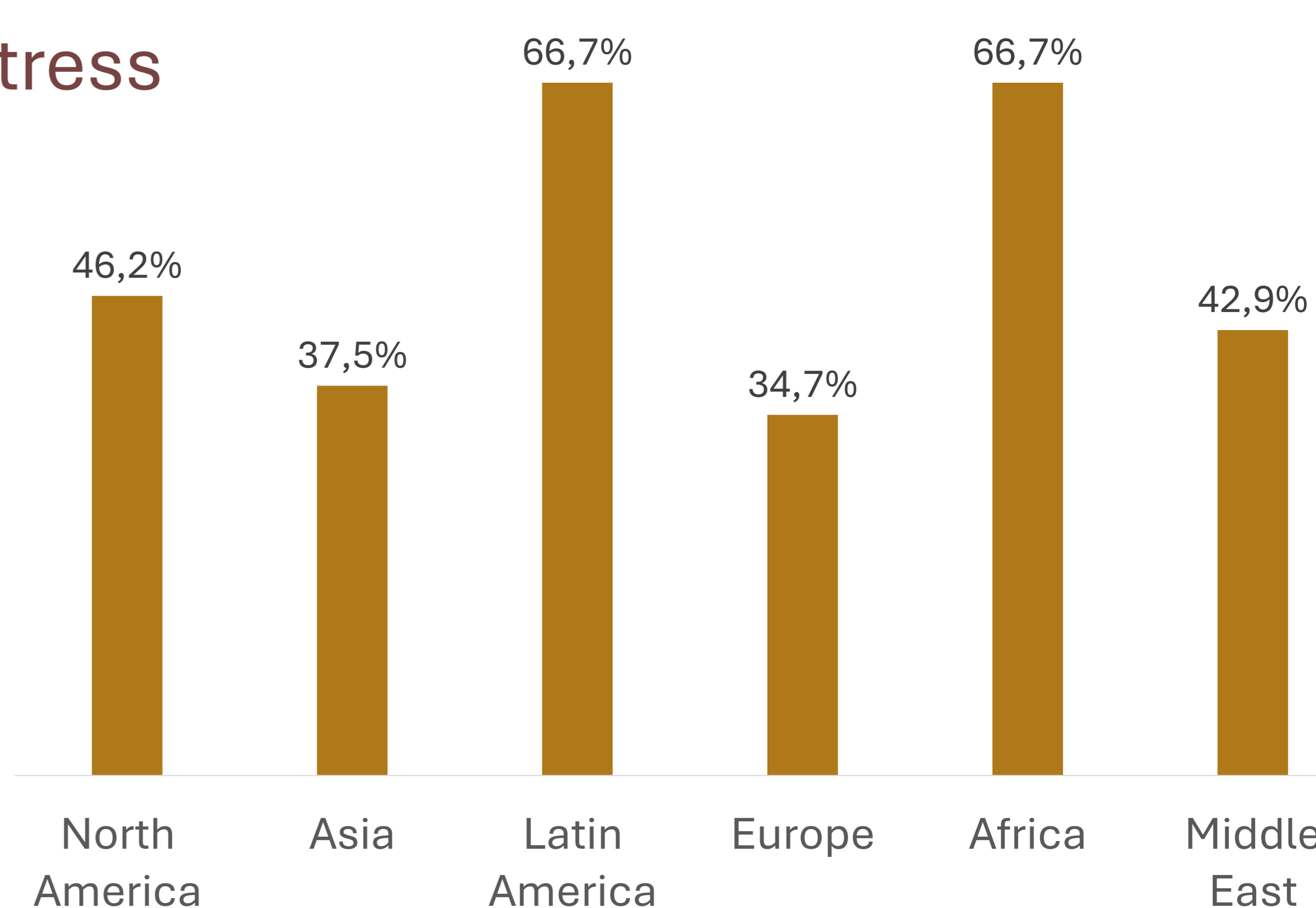
Notwithstanding these regional disparities, stress was identified as the main factor contributing to HS exacerbation, with 40% of respondents indicating this as a significant factor [34.7% in Europe].

Alimentation was identified as the second most significant factor, with 37.9% of respondents indicating this. It is also notable that one in three women (34.3%) identified hormonal variations as a factor in the exacerbation [50% in Europe].

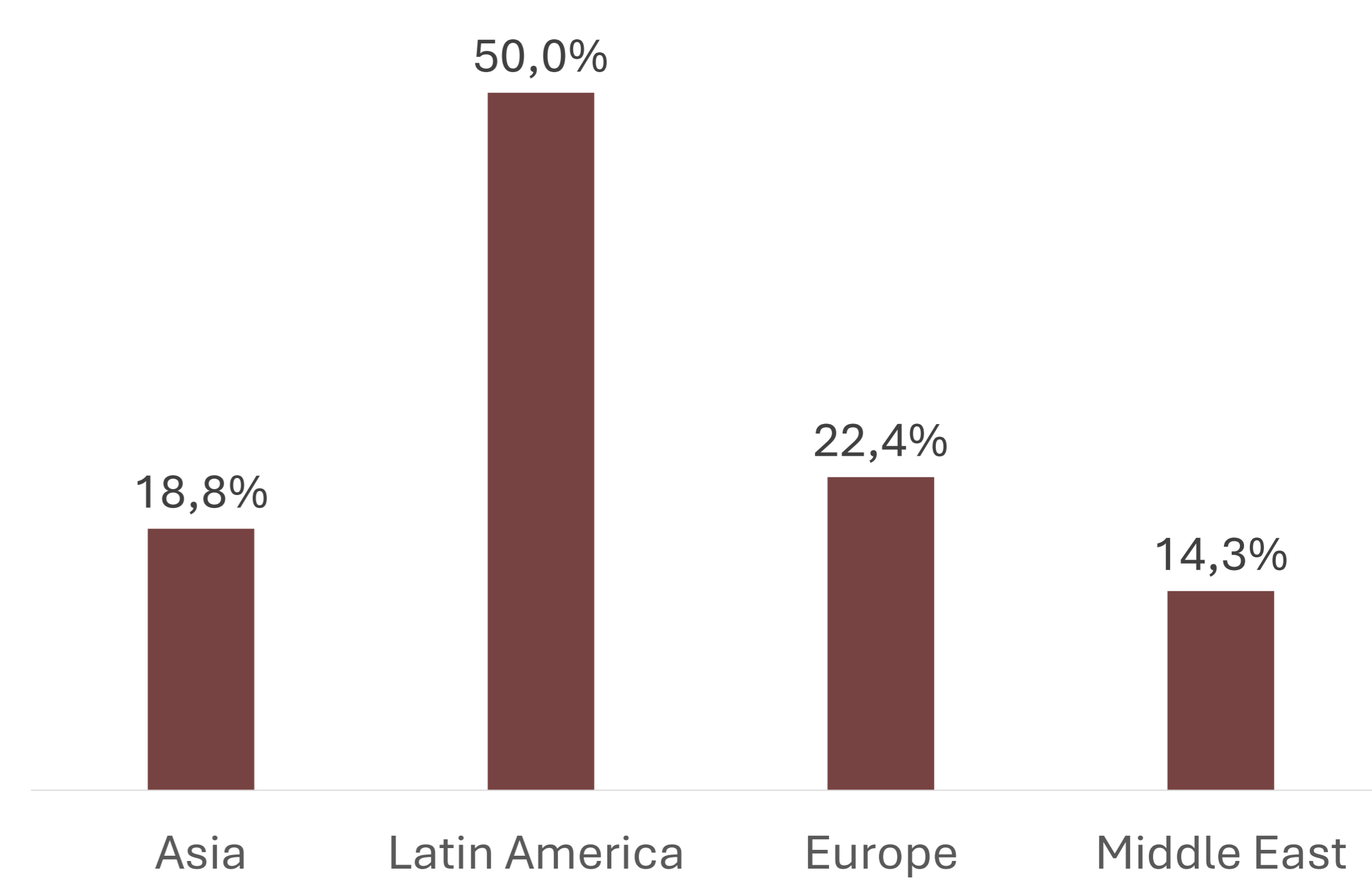
In addition, smoking was identified as an aggravating factor by 24.2% of respondents [22.4% in Europe] and alcohol consumption was claimed by 17.9% [18.4% in Europe].



### The Stress



### The Pollution



## DISCUSSION

This study has identified several factors that contribute to exacerbation of HS according to patients' own experience, based on a cohort of patients who reported no skin disease other than HS.

The analysis highlights general trends in aggravating factors. It shows that stress (40%) and diet (37.9%) are the main factors exacerbating HS with notable hormonal variations in women (34.3%). Smoking (24.2%) and alcohol (17.9%) are also significant.

These results point to the importance of personalized care, including stress management, appropriate diet and advice on addictions such as smoking and alcohol.