

The background features abstract, overlapping geometric shapes in various shades of green, ranging from light lime to dark forest green. These shapes are primarily located on the left and right sides of the frame, creating a modern, layered effect. The central area is a plain white background where the text is placed.

# Ceri Harris

A Patients Perspective

# Shall I tell you a story?

- ▶ Who am I and when did I first discover I had HS?
- ▶ How was I diagnosed and is this unusual?
- ▶ How has HS impacted on my life?

What do patients with HS want?

A Cure  
Or  
understanding

# The Highs and Low's of having an incurable condition.

## High's

- ▶ Getting to share information and support others
- ▶ Having a high pain threshold

## Low's

- ▶ Having a high pain threshold
- ▶ Having to explain what HS and watch the disgust on people faces
- ▶ Judgement of clinicians who think its just down to hygiene or weight
- ▶ Planning your clothing to hide stains
- ▶ Pain
- ▶ Hating your scars and limitations on your body

# Barriers when dealing with Clinicians

- ▶ Lack of knowledge
- ▶ Assumptions
- ▶ Fear and self loathing
- ▶ Access to clinicians
- ▶ Access to treatment other than hibiscrub!
- ▶ Lack of Physical Support groups - safe places to meet others with HS
- ▶ Apathy within the HS community

# What's in our future?

- ▶ More opportunities to raise awareness with clinicians and the public
- ▶ Need for high profile coverage - removing the stigma
- ▶ Improved access to treatments
- ▶ More research into the causes and treatments
- ▶ A cure?

Thank you for letting me talk about my  
HS

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