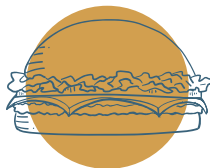


What are your **HS** Triggers?

While the exact cause of **hidradenitis suppurativa** is still unclear, **some factors are thought to worsen flare-ups or cause new ones to occur**. Let's explore some of the most common triggers for people with HS.



Smoking is believed to be one of the most common triggers of HS. Research shows that up to 90% of people with HS are smokers.



Highly processed foods can have a negative effect on gut health—and studies have shown a healthy gut helps lessen inflammation in the body.



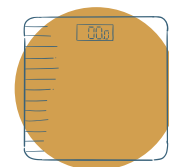
Dairy products like ice cream, butter, whole milk, and cheese may cause inflammation and worsen HS—but low-fat dairy and yogurt with probiotics may reduce it.



Foods that spike insulin like sugar and sweets, and refined carbs like white bread, pasta, and crackers, cause insulin spikes that could lead to inflammation and HS flare-ups.



Brewer's yeast, found in beer, bread, wine, and other foods, may cause HS flare-ups—particularly if you're gluten intolerant or sensitive.



Your **weight** doesn't cause HS, but extra weight might lead to more frequent and severe flare-ups.



Alcohol is known to be inflammatory and can make HS symptoms worse.