

## What Is Anal Hidradenitis?

---

Anal Hidradenitis is a chronic (present for a long period of time), repeat infection of the skin and tissues around the sebaceous glands (sweat glands). These sweat glands can be found in the underarms, under the breasts, inner thighs, groin and around the anus.

---

### How do I know I have an Anal Hidradenitis?

- Blackheads.
  - Red, tender bumps.
  - Painful, hard, pea-sized lumps.
  - Leaking bumps or sores.
- 

### What causes an Anal Hidradenitis?

Anal hidradenitis is caused when the sebaceous glands (sweat glands) or hair follicles become blocked with fluid, dead skin cells and/or other substances released from the other glands.

Anal hidradenitis starts after puberty and can get worse over time. It is more common in women.

The reason why the glands become blocked can be caused by a few things, such as:

- Acne.
  - Obesity (not safe weight).
  - Stress.
  - Genetics (family traits).
  - Heat or too much sweating.
  - Hormone imbalances.
  - Smoking.
  - Other illness (Crohn's disease or Graves' disease).
- 

### How can I correct it?

There is no cure for anal hidradenitis. Early treatment can help manage symptoms and stop new areas from growing. Treatment of the sores depends on the amount different areas involved and whether the areas are infected or painful.

---

## What are the levels of treatment?

Mild Cases	Controlled Cases	Serious Cases
<ul style="list-style-type: none"><li>• Treated at home.</li><li>• Wash regularly with antibacterial soap.</li><li>• Use warm compresses.</li></ul>	<ul style="list-style-type: none"><li>• <b>Antibiotics</b> – helps fight infection and prevent future sores.</li><li>• <b>Oral retinoid medications</b> - stops oil gland and helps prevent hair follicles from blocking.</li><li>• <b>Nonsteroidal anti-inflammatory drugs</b> - helps with the pain and swelling.</li><li>• <b>Corticosteroids or immunosuppressant drugs</b> - helps lower swelling. Immunosuppressants helps your body fight off illness.</li><li>• <b>Tumor necrosis factor (TNF)-alpha inhibitors</b>- used to help with swelling or redness.</li></ul>	<ul style="list-style-type: none"><li>• Surgery may be needed for those with multiple or deep sores.</li><li>• <b>Incision and Drainage:</b> used for small sores.</li><li>• <b>Open the tunnels or tracts:</b> skin is cut away that may cover any tunnels or tracts that may be causing the sores.</li><li>• <b>Surgical removal:</b> All skin that is involved is removed; <b>skin flaps</b> or <b>skin grafts</b> [removing skin from one area of your body and attach it to another] are used to cover the area.</li></ul>

---

## How can I learn more?

You can also find information through the American Society of Colon & Rectal Surgeons (ASCRS) at <http://www.fascrs.org/patients/conditions/>

---

## Do you have any questions or comments for your doctor?

---

---

