# New Therapies for HS All You Can Eat in 15 Minutes

Barry Resnik, MD Miami, Florida February 10, 2024

### Conflicts of Interest

Speaker's Bureau, AbbVie Pharmaceuticals

Speaker's Bureau, Novartis Pharmaceuticals

#### **HS-What it is**

- Disease of the skin
- Follicular occlusion
- Explosion and healing = scarred plaques
- Chronic inflammation

#### HS- What it's not

- Infectious
- Contagious
- Sexually transmitted
- Gland-based
- In the fat or muscle
- Poor hygiene

### The Sad Truth

- Never been diagnosed or treated
- Been to 7 physicians/HCPs without proper diagnosis or treatment
- Frustrated, embarrassed, in pain, isolated

# Hurley Stage 1





### Catch them early

Anyone who shows up with folliculitis, boils, abscesses

Do you have lesions in other sites

- Screen every new acne patient
  - Ask them about all the above
  - Do you think you have HS?

### Philosophy of Therapy

- Anti-bacterial vs Anti-inflammatory
- Perennial argument-QOL vs Step
- Treat them as you would want to be treated
- Arbiter of "Severe"?

#### Pain

- NSAIDs
- Medical Marijuana/CBD
- Narcotics
- Oral and intramuscular steroid
- Gabapentin/pregabalin
  - Control the disease, control the pain!

#### Common-sense Stuff

- Dairy
- Nicotine in any form
- Better body weight- consider GLP1 Agonists
- Zinc gluconate with meals
- BP cleanser, Hibiclens, Clindamycin topical
- Laser hair reduction as anti-inflammatory treatment
- Mediator-Release Testing

### **Medical Therapy**

- Clindamycin Topical for everyone
- Resorcinol 15% Ointment
  - Used in Europe with significant success
  - Available from compounding pharmacies
    - Smith Pharmacy
       Little Chute, Wisconsin
       920 788 8888 smithpharmacyrx@gmail.com

### **Anti-inflammatories**

- Clindamycin and Rifampin
- Minocycline and Colchicine
- Doxycycline/Minocycline/Sarecycline
- Amoxicillin and Clavulanic acid
- Dapsone

### Triple Abx Cocktail

- First 6 weeks
  - Rifampin 300mg BID
  - Moxifloxacin 400mg daily
  - Metronidazole 250mg 1 morning, 2 evening

### Triple Abx Cocktail

- Second 6 weeks
  - Rifampin 300mg BID
  - Moxifloxacin 400mg qD
  - d/c metronidazole
- Third 6 weeks and on
  - Bactrim DS qD

### More Medical Therapy

- Spironolactone and OCPs
- Metformin
- Dutasteride
- Isotretinoin and acitretin
- Cyclosporine modified

### Bridge over troubled waters

#### Ertapenem

- Carbapenem antibiotic
- Anti-inflammatory, anti-bacterial
- PICC line, IM, SQ
- 6 weeks to 3 months

#### TNF Inhibitors

Adalimumab (brand and biosimilars)
Infliximab (brand and biosimilars)
Certolizumab
Golimumab

#### **IL Blockers**

Secukinumab (IL-17A)

Ixekizumab (IL-17A)

Guselkumab (IL-23)

Ustekinumab (IL-12, IL-23)

Bimekizumab (IL-17A,F,AF1)

### **JAK Inhibitors**

tofacitinib upadacitinib abrocitinib

### **Procedural Options**

- Incision and drainage with punch
- Intralesional steroid w/ or w/o clindamycin
- HS Unroofing
- Superficial Radiotherapy

### More Procedural Options

- OnabotulinumtoxinA
- Nd:YAG laser
- Cryoinsufflation

## Superficial Radiotherapy



#### The Burden of HS

- Ant farms
  - Large mounded plaques of scar
  - Hurt, ooze, smell, sting
- Remove the source of pain
- Give patients the possibility of some life without medicine



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### Staged CO2 Marsupialization



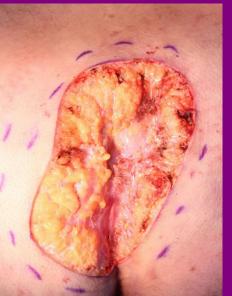






#### Staged CO2 Marsupialization









### Staged CO2 Marsupialization

#### Resources

- HSPlace- for all medical professionals
- HS Foundation
- SuperGroups
  - HopeForHS, HSConnect

### Always Learning, Always Teaching

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**HSPlace listserv** 

www.drresnik.com