

# New Therapies for HS

All You Can Eat in 15 Minutes

Barry Resnik, MD

Miami, Florida

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# 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](mailto: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







Resnik Dermatology

Resnik Skin Institute  
[www.DrResnik.com](http://www.DrResnik.com)





# Staged CO2 Marsupialization





## Staged CO2 Marsupialization



# Staged CO2 Marsupialization

# Resources

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

Always Learning, Always Teaching

Barry Resnik, MD, FAAD

305-692-8998

HSPlace listserv

[www.drresnik.com](http://www.drresnik.com)