The first step in any health journey is getting started. Healing — whatever that looks like for you — may not be easy, and it may not happen as quickly as you’d like, but know that you can do hard things. Let’s begin.

**Personal Check-In**

How comfortable are you discussing your hidradenitis suppurativa (HS) symptoms with others?

- [ ] I completely avoid it when possible
- [ ] I can talk about it when absolutely necessary, but I feel uncomfortable and/or embarrassed
- [ ] I can talk about it freely, but only with certain people because I sometimes feel uncomfortable and/or embarrassed
- [ ] Anyone can ask me a question about my symptoms and I feel comfortable answering

What symptoms do you feel most anxious talking about?

What does “doing well” with HS feel like to you?

What about “doing poorly”?

How much of an impact do your HS symptoms have on your quality of life?

- [ ] I have not had to make any adaptations or avoid any activities
- [ ] I wake up earlier to prepare to leave the house because of symptoms
- [ ] I avoid going to places or doing activities that exacerbate my symptoms
- [ ] I avoid leaving the house at all because of symptoms
- [ ]

How much of an impact do your HS symptoms have on your mental health?

(mark with an “X”)

- [ ] NO IMPACT
- [ ] SEVERE

In the past six months, have you had to avoid certain activities because of your symptoms? If so, which ones?

What are your usual stress management strategies?

*Exercise, medication, alcohol, “stress” eating, binge-watching TV, drugs, talking with friends, etc.*
Dermatological History

Have you ever experienced the following symptoms?

- Pain from affected areas on or under the skin
- Lumps or boils under the skin
- Lesions on the skin
- Pus and drainage from skin

Where on your body do symptoms appear? (mark with an “X”)

- [ ] Head
- [ ] Neck
- [ ] Shoulders
- [ ] Back
- [ ] Chest
- [ ] Stomach
- [ ] Abdomen
- [ ] Lower abdomen
- [ ] Pelvis
- [ ] Legs
- [ ] Arms
- [ ] Fingers
- [ ] Toes
- [ ] Other

How often do you experience symptoms?

- [ ] Once a month or less
- [ ] Once a week
- [ ] Once a day
- [ ] Always

Do you have any of the following diagnoses?

- [ ] Diabetes
- [ ] Ulcerative colitis or inflammatory bowel disease
- [ ] Polycystic ovarian syndrome (PCOS)
- [ ] Arthritis
- [ ] Cardiovascular disease
- [ ] Obesity

Where do you experience symptoms?

- [ ] In one area on the body
- [ ] In multiple areas on the body, but skin symptoms such as boils, lesions or sinus tracts are not connected to each other
- [ ] In multiple areas on the body, and skin symptoms such as boils, lesions or sinus tracts are connected to each other

Do your symptoms come and go in severity?

- [ ] Yes
- [ ] No

Do you have any scarring of the skin after flares?

- [ ] Yes
- [ ] No

Mental Health Check-In

Have you recently experienced any of the following symptoms?

- [ ] Feeling sad or low
- [ ] Feeling anxious or having excessive worry or fear
- [ ] Difficulty sleeping
- [ ] Sleeping too much
- [ ] Avoiding friends and social activities
- [ ] Feeling shameful or concerned about your body image and weight
What are the top questions or concerns you’d like to address during this appointment?

**Action Items**

- Set up next appointment
- Fill medication prescription
- Call referral for appointment
- Plan a self-care day
- Research suggested treatments

**Personal Check-in**

After your visit, how do you feel emotionally and physically?

**Health Care Provider Post-Visit Evaluation**

Talking to a doctor about very personal symptoms can feel uncomfortable at first, especially if it’s a new provider. Here are some questions to consider after your visit:

- Did I feel like my experiences were validated?
- Did I feel heard?
- Can I be vulnerable with this person?
- Do I feel more hopeful?
- Can I imagine opening up more to this person in the future?
- Did I leave with actionable steps for my health? *i.e., a referral or another appointment*
- Did I get my questions answered?

How did that feel? Allow yourself some grace and gratitude for showing up to do difficult work. **You got this.**