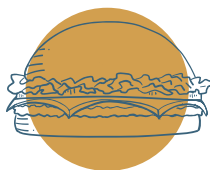


# What are your HS Triggers?

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.



Many people living with HS believe that **stress** is one of the biggest triggers for an HS flare.



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