

Hidradenitis Suppurativa

By Bridie Breen, Ireland.



Scars do NOT define me.
I am stronger than you know
HS, a condition with angry flares that show.
Pain may wear me down.
Ignorance of medics
is far from bliss,
but HS is my survivor's badge worn with pride.
My message to all is this:
Don't underestimate the situation HS people endure,
so draining and exhausting.

Don't act like you know more.
A mirror for most people
brings a smile to lips
and eyes.
For me, I try, but I fake it.
I fake it. I try but I fake it.
Smile on the outside
big enough and
for long enough,
to mask my fear-filled
inner child,
to hide its impact
on all of me.
Marks that snake uneasily
across my body and intimate parts,
expose me to judgement
of those without a heart.
HS has changed
how I want to be.
Good research will find a cure.
Soon HS will be no more.
Remember, HS scars
do NOT define you or me.

1.10.18

A poem inspired due to a friend with HS.