

## Episode 34- Pearls from Interview with Dr. Katelyn Baker

- Dr. KB is a psychologist from Chicago, she has a TikTok with psychology tips and where she discusses her experiences with HS which she has had since she was 8
- More awareness about HS is important, and she shows her HS lesions on TikTok to spread awareness because it isn't something anyone needs to hide or be embarrassed about
- HS affects intimacy due to pain and worry that lesions will be leaking and messy
- HS affects clothing choices. Patients may avoid wearing short sleeve shirts and shorts
- Many patients don't want to be labeled by their disease
  - o In psychology, the proper terminology is "person with schizophrenia" instead of "schizophrenic"
  - o The goal is to pull the disease away from the person, they still retain their identity independent of their disease
- Patients often feel "judged" by their doctors
  - o The best way to discuss weight with HS patients is to mention the correlation between obesity and HS, but also mention that there is a lot we don't fully understand about the disease
  - o Try to empower the patients to lose weight as a means to potentially help themselves. The way that we say things and present them to patients is hugely important
  - o Keep in mind that it might not be the patients' fault that they are obese, there are other factors at play
- She hears all the time on TikTok from people that likely have HS but haven't been diagnosed and are so happy to learn about it from her. Dr. PimplePopper is also great for spreading HS awareness and has had HS patients on her show
- Words of wisdom for providers treating HS patients: Normalize HS and patients' experiences! Be aware of how embarrassed people are of this disease, be empathetic, it is helpful to say "I have several patients with HS that I treat" so that they don't feel alone in their disease
- To find Katelyn on social media: TikTok: @thatfatdoctor Instagram: @thatfatdoctor YouTube: @ThatFatDoctor