

THOUGHT CATALOG

SHOP CATALOG

16 Signs You're Having What's Known As A

TIKTOK

WELLNESS

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STYLE

SIGNS YOU MIGHT BE BURNT OUT

SHOP CATALOG PROMO CODES

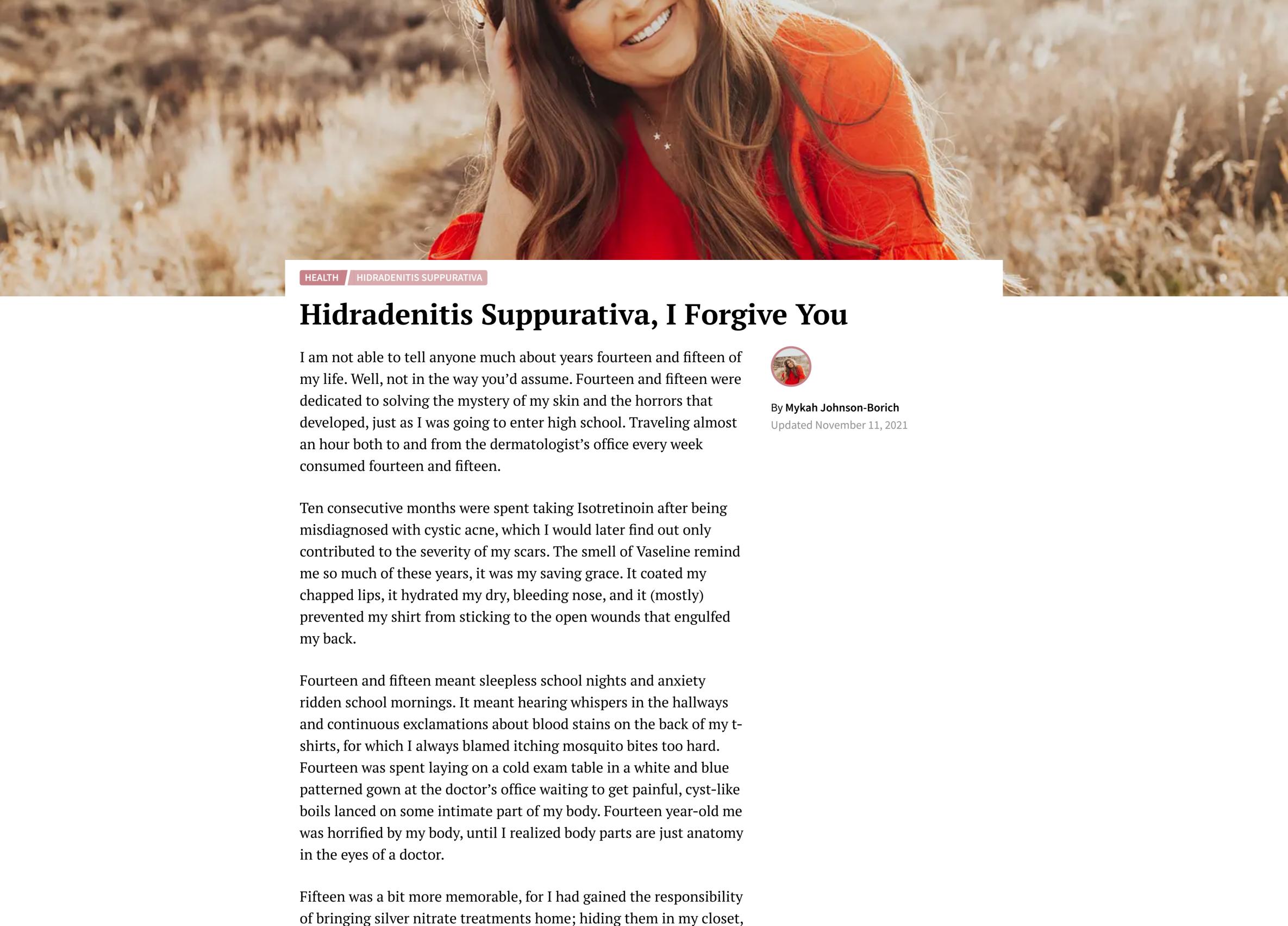
ADULTING

COLLECTIVE WORLD

SELF-IMPROVEMENT

NEW AGE

Kundalini Awakening



was Vicky, she was twenty-eight, and she was also diagnosed with Hidradenitis Suppurativa by Dr. Christian Jessen. Sixteen was flabbergasted at not only the timing of this episode, but the knowledge Dr. Jessen shared. I was thankful for the courage Vicky had to share her circumstances on a show that deemed her experience to be "embarrassing." I could never think of Vicky's situation as embarrassing, for Vicky had just made a sixteen year old girl thousands of miles away feel seen, heard, and hopeful.

administer Humira injections, which I take once a week. The sound of

arrives. Seventeen was spent resenting Hidradenitis Suppurativa and

being discouraged by the lack of information online. Seventeen might

have been harder than all the rest, for I was diagnosed so easily after

exacerbated my condition. It was hard to feel grateful to finally have a

name for my condition when the name took it from "cystic acne" to a

The memories of my pain and experiences rotate constantly in the

different. It's frustrating to be mad at the skin that covers me and the

different from everyone else's. It's odd and daunting learning how to

I'm twenty-one now. Twenty-one is dedicated to expressing gratitude

be comfortable in my own skin. It's hard fighting to be seen for the

back of my mind like clockwork. I wish fourteen and fifteen were

cells that make up my body. It's unfair knowing that my body is

person I am rather than the wounds I have. It's tiring to battle a

Seventeen, which began a month later, was learning how to

spring-loaded syringes rings in my ears each time injection day

years of pain, confusion, and incorrect treatments that likely

skin disease overnight.

disease that my body perpetuates.

away from the sunlight and painfully cauterizing my open wounds

myself. Fifteen felt a twisted sense of pride and accomplishment. I

was the biggest project my dermatologists had ever seen. My nurses

and I often referred to myself as their guinea pig, which turned a dark

and miserable time into a much lighter experience. I became thankful

for science and amazed at the multitude of treatments offered to me.

abilities. The boils, blood blisters and open wounds were so familiar

at fifteen, I could pretend they didn't exist. The two year long journey

of weekly dermatologist appointments came to a halt, leaving behind

angry red and purple scars from below my chest, to my shoulders, and

all the way up my cheeks. I made it through fourteen and fifteen.

Sixteen began by meeting a new dermatologist in a different state

across the country. Around that same time, I was binge-watching

'Embarrassing Bodies,' a reality television series based in England

that covered a wide variety of medical cases treated in a traveling

Suppurativa after giving a run down of my symptoms. The morning of

featured a woman sharing her story. She showed wounds that looked

just like mine and described symptoms identical to mine. Her name

clinic. On July 24th, 2017, at my first appointment with my new

dermatologist, I was immediately diagnosed with Hidradenitis

July 25th, Season Two, Episode Three of 'Embarrassing Bodies'

Treatments were consistent and had worked to the best of their

and implementing grace. I want year twenty-one to be about forgiveness, strength and resilience. Since I was diagnosed with Hidradenitis Suppurativa, healing has been my most desired goal. Healing begins with letting go of the pain embodied in the memories of fourteen, fifteen, sixteen, and seventeen. The team of my dermatologists and nurses who worked tirelessly to fix my difficult circumstances deserve nothing but grace. To Vicky and Dr. Jessen, I extend my eternal gratitude for defying a narrative that I am unheard and unseen, and exposing our condition on a global level. I bestow my deepest honor to my current dermatology team for their knowledge and the advancements they provide to not only me, but HS patients and medical teams around the world. I grant mercy to my mind, body, and soul, for I understand now that my condition is out of my control, but my resilience is insurmountable. Hidradenitis Suppurativa does not define me in a negative way. In fact, my <u>HS</u> empowers me. My HS gives me the opportunity to share my story for another sixteen year-old who might be searching for validation for her circumstances. Hidradenitis Suppurativa gives me

the School Boise. Mykah found her ... Read more articles from Mykah on <u>Thought</u> Catalog. • Learn more about Thought Catalog and our writers on our about page. THE HS SKIN YOU'RE IN

Mykah Johnson-Borich is currently a cosmetology student attending Paul Mitchell

the chance to be the person now that I needed when I was younger.

Hidradenitis Suppurativa, I forgive you.

About the author

How I Came To Terms With The Fact That I'm A Basic Bitch

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