

# Health Awareness

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## Help For People With Problem Perspiration

(NAPSA)—A common but hidden scourge, excessive perspiration is a serious medical condition called hyperhidrosis that affects nearly 367 million people.

Lisa Pieretti, executive director of the International Hyperhidrosis Society (IHhS), notes, “The pressures of dealing with a ‘sweating problem’ around peers can be catastrophic to self-esteem and more. Too often, people become anxious about going to work, socializing with friends, or being out in public in



**Know sweat: Excessive perspiration can be a medical condition called hyperhidrosis that you can learn about at [SweatHelp.org](http://SweatHelp.org).**

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general. But when those with hyperhidrosis receive support, understanding, and appropriate treatment, their lives can be dramatically changed.”

Consider these common myths:

**Myth:** Sweaty people are nervous.

**Truth:** People with hyperhidrosis sweat excessively regardless of mood, weather or activity.

**Myth:** Night sweats are a “female problem.”

**Truth:** Night sweats can be serious for anyone. Any changes in your pattern of sweating should be evaluated by a physician.

**Myth:** Antiperspirants are for underarms only.

**Truth:** You can use most antiperspirants nearly anywhere sweating is a problem. One of the most effective available without a prescription, Certain Dri, was specifically developed for people who suffer from excessive sweating.

If you produce excess perspiration, ask your doctor to help you to not just “know sweat” but achieve a more comfortable, happier life.

Learn more at [www.SweatHelp.org](http://www.SweatHelp.org).