



# Health Bulletin



## “Know Sweat” –How Much Sweat Is Too Much?

(NAPSA)—When the hot weather ends, most people don't sweat as much. But did you know that nearly eight million men, women and children in the U.S. sweat profusely all year? The International Hyperhidrosis Society (IHHS) has kicked off a campaign to raise awareness of the huge impact excessive sweating can have on quality of life and distinguish between “normal” sweating and hyperhidrosis, a serious medical condition that often leads to ridicule, embarrassment and even social isolation and anxiety.

“The millions of people who suffer from severe excessive sweating of the underarms, hands, feet and face sweat all day, every day, no matter what the situation,” explained Lisa J. Pieretti, Executive Director of the IHHS. “Many of these people think their sweating is just something they have to live with, and we want people to realize that if they think they sweat too much, they should locate a qualified dermatologist that can help them explore treatment options.”

The embarrassment caused by hyperhidrosis can significantly damage quality of life and have devastating effects on relationships, career choices and mental well-being. For many people it leads to social isolation and anxiety and, for some, depression. At the least, it renders many people incapable of performing daily activities. Physicians who are



**The “Know Sweat!” campaign raises awareness of a serious medical condition.**

unaware of the condition can add to the debilitation, and many people are misdiagnosed or told that the problem is psychological.

“I am always saddened when I learn what people have gone through because they don't know that effective treatment options exist,” said David M. Pariser, M.D., President of the IHHS and Secretary/Treasurer of the American Academy of Dermatology. “From children who wrap paper towels around their pencils so they can write and teenagers who wear three layers of clothes in the summer to hide their sweating, to an architect who changed careers because his work plans were always smudged and a policeman who believed that a criminal literally escaped from his hands.”

### **Highly Effective Treatment Options Can Provide Relief**

There are several options that can effectively treat hyperhidrosis. For some, high-powered antiper-

spirants, which work by blocking the sweat ducts when applied under the arms or on the hands and feet, can be effective. Another option for hands and feet that sweat excessively is a procedure called iontophoresis, which uses a water bath to conduct an electrical current through the skin's surface from an electronic device.

When antiperspirants are not effective enough, physicians will often administer botulinum toxin type A injections, most commonly known as Botox®, into the area that is sweating excessively. Botulinum toxin type A treats hyperhidrosis by blocking the nerves that stimulate the sweat glands. If these conservative treatments, which are usually administered by a dermatologist, fail to control excessive sweating, surgery may be an option, although it is a rarely used and aggressive option that can carry serious side effects. Liposuction is also sometimes an option for underarm sweating.

More information about hyperhidrosis and treatment options can be found through the International Hyperhidrosis Society at **[www.SweatHelp.org](http://www.SweatHelp.org)**. This unique site has up-to-the-minute information on hyperhidrosis and features a number of exclusive services like a Physician Finder and a monthly electronic newsletter. A free brochure about hyperhidrosis can be requested by sending an e-mail to [Support@SweatHelp.org](mailto:Support@SweatHelp.org).