

HYPERHIDROSIS

YOU HAVE BEEN DIAGNOSED WITH HYPERHIDROSIS (EXCESS SWEATING)



WHAT IS IT?

While sweating is a normal human bodily function, some people naturally sweat more or less than others. Some individuals sweat in excess causing problems with school, work, and social situations. Hyperhidrosis affects both males and females and can start at any age. It is often a severe and emotionally distressing problem for people with the condition. Effective treatments are now available to help those with hyperhidrosis.

HOW DID I GET IT?

Primary hyperhidrosis appears to be due to over activity of the hypothalamic thermoregulatory center in the brain, and is transmitted via the sympathetic nervous system to the eccrine sweat gland.

TREATMENT

Prescription antiperspirants like Drysol (20% aluminum chloride), iontophoresis, pills like Robinul, and surgery are treatment options.

Prescription antiperspirants

Drysol should be applied on dry skin, usually before bedtime. It should NOT be used during the day or when you'll be sweating because of potential stinging and burning. You should temporarily hold applications of Drysol if your skin becomes overly dry and irritated.

Prescription

Pills (like Robinul) may be reserved for special occasions like school dances, job interviews, weddings, proms, anniversaries, first dates, and other really important events. There are no currently available pills to take daily, and there are always potential side effects associated with pills.

Botox Injections

If the insurance approves the medication, Botox is injected into several areas along the affected area. For example, if the armpit area is affected, approximately 20 injections per side are necessary to decrease sweating.

Surgery

If a patient is interested in a definitive treatment, surgery by a cardiothoracic surgeon, can stop hyperhidrosis in certain areas.