

HYPERHIDROSIS



BASIC INFORMATION

DESCRIPTION

A condition of excessive sweating that affects both men and women, and sometimes, children. The excessive sweating may occur for no apparent reason.

FREQUENT SIGNS AND SYMPTOMS

- Heavy sweat from underarm area, soles, palms, and other body parts.
- Sweating occurs without warning or cause.
- The amount of sweating, body parts involved, and when it occurs differs in different people.
- An odor, which is caused by bacteria in sweat.

CAUSES

- Primary hyperhidrosis is the term used when there is no physical cause for the excessive sweating. Sweating is normally regulated by the body's sympathetic nervous system. In some people, this system becomes overactive. Why this occurs is unknown.
- Secondary hyperhidrosis results from a specific factor such as diabetes.

RISK INCREASES WITH

- Secondary hyperhidrosis may be caused by:
 - Diabetes.
 - Hyperthyroidism.
 - Menopause.
 - Some cancers.
 - Some drugs, such as narcotics.
 - Obesity.
 - Certain psychiatric conditions.

PREVENTIVE MEASURES

No specific measures to prevent hyperhidrosis. Steps may be taken to help control the sweating.

EXPECTED OUTCOMES

Secondary hyperhidrosis can often be controlled with treatment of the underlying condition. Primary hyperhidrosis can be helped using a variety of treatment options. No single treatment works for everyone.

POSSIBLE COMPLICATIONS

- Emotional distress caused by social embarrassment.
- Rashes from deodorants or antiperspirants.



DIAGNOSIS & TREATMENT

GENERAL MEASURES

- Your health care provider will do a physical exam and ask questions about your symptoms and activities. Medical tests may be done to identify any disorder that is causing the excessive sweating.

Medical care:

- Treatment will be given for an underlying condition.
- Counseling, if stress is a major factor.
- Drugs may be recommended.
- Electrical devices that temporarily reduce sweating of palms or feet may be recommended.
- Surgery to remove sweat glands or sever nerves to major sweat areas, in more serious cases.

Self-care:

- Bathe often, using a deodorizing soap.
- Change clothes often.
- Wear loose-fitting clothes made of natural fibers, such as cotton.
- Use underarm sweat shields.
- Use antiperspirants and deodorants. Use an unscented product that contains aluminum chloride.
- Use drying powders.
- Wear cotton socks.
- Wear leather shoes or sandals. Don't wear shoes of man-made materials.
- Shave underarm hair.

MEDICATIONS

- Drugs to reduce activity of the central nervous system may be prescribed. Side effects can be a problem.
- Prescription antiperspirants may be prescribed.
- Botulinum toxin (Botox) injections may be prescribed. It helps reduce or stop the sweating for 3 to 6 months.
- Other drugs may be prescribed to be taken by mouth or applied to the skin.

ACTIVITY

No limits.

DIET

No special diet. Drink at least 8 glasses of fluid a day.



NOTIFY OUR OFFICE IF

- Excessive sweating is causing you problems at work or in social situations.
- Treatment for excessive sweating is not working.

Special notes:

More notes on the back of this page