

UNDERSTANDING EXCESSIVE SWEATING (HYPERHIDROSIS)

Excessive sweating, known medically as **hyperhidrosis**, is a condition in which a person produces more sweat than is needed to regulate body temperature. It can occur even when the weather is cool and during periods of rest.



SYMPTOMS

-  Visible sweating without physical exertion
-  Sweaty palms, feet, or underarms that interfere with daily activities
-  Sweating that soaks through clothing
-  Skin irritation or infections
-  Social embarrassment, anxiety, or avoidance

TYPES OF HYPERHIDROSIS

1. PRIMARY (FOCAL) HYPERHIDROSIS

This is the most common type and is not caused by another medical condition.

- ✓ Usually begins during childhood or adolescence
- ✓ Often affects:



Palms of the hands



Soles of the feet



Underarms



Face and scalp

- ✓ Typically affects both sides of the body equally
- ✓ Often runs in families
- ✓ Usually stops during sleep

2. SECONDARY HYPERHIDROSIS

This type is caused by an underlying medical condition or medication.

Possible causes include:

- Hyperthyroidism
- Diabetes mellitus
- Obesity
- Infections
- Menopause
- Anxiety disorders
- Heart disease
- Certain cancers
- Neurological disorders

Medications that may cause sweating:

- Antidepressants
- Some asthma medications
- Certain blood pressure medications
- Stimulants

WHEN SHOULD YOU SEE A DOCTOR?

Seek medical evaluation if excessive sweating:

- ✓ Starts suddenly
- ✓ Occurs mostly during sleep
- ✓ Is accompanied by:



Weight loss



Fever



Chest pain



Palpitations



Shortness of breath

- ✓ Significantly affects daily activities

HOW IS HYPERHIDROSIS DIAGNOSED?

Your healthcare provider may:

- ✓ Review your medical history
- ✓ Perform a physical examination
- ✓ Check for underlying medical conditions
- ✓ Order blood tests if needed:



Thyroid function tests



Blood glucose levels



Other laboratory studies

TREATMENT OPTIONS



LIFESTYLE MEASURES

- Wear lightweight, breathable clothing
- Use moisture-wicking socks
- Change socks frequently
- Avoid known triggers (spicy foods, caffeine, stress)
- Maintain good skin hygiene



ANTIPERSPIRANTS

Prescription-strength antiperspirants containing aluminum chloride are often the first treatment.



MEDICATIONS

Certain oral medications can reduce sweating by blocking sweat gland stimulation.



IONTOPHORESIS

A device that uses mild electrical currents to reduce sweating of the hands and feet.



BOTULINUM TOXIN (BOTOX®)

Botox injections can temporarily block the nerves that stimulate sweat glands and are particularly effective for underarm sweating.



MICROWAVE THERAPY

Targets and destroys sweat glands in the underarm area.



SURGERY

Reserved for severe cases that do not respond to other treatments:

- Removal of sweat glands
- Endoscopic thoracic sympathectomy (ETS)

EXCESSIVE SWEATING IN CHILDREN & ADOLESCENTS



Hyperhidrosis can affect school performance, sports participation, and self-confidence.

Parents should seek medical evaluation if:

- ✓ Sweating is severe or worsening
- ✓ It interferes with daily activities
- ✓ It is associated with other symptoms such as weight loss, palpitations, or fatigue

PRACTICAL TIPS



Stay well hydrated



Carry an extra shirt when needed



Use absorbent shoe inserts



Practice stress-management techniques



Keep a symptom diary to identify triggers



Discuss treatment options with your healthcare provider



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