

International Hyperhidrosis Society Offers Tips to Millions Who Sweat Excessively

For the millions of Americans suffering from hyperhidrosis, excessive sweating, the body's mechanism for cooling itself is overactive and can cause sweat production that is up to four or five times more than normal. While some people may only think about sweating during the hot summer months, individuals with hyperhidrosis may find excessive sweating can disrupt their daily and recreational activities, regardless of the season.

"While we all sweat, those suffering from hyperhidrosis may experience excessive sweating on their underarms and often need to change their clothing multiple times a day to hide their symptoms," says Lisa Pieretti, Executive Director of the International Hyperhidrosis Society (IHHS), a non profit organization dedicated to help those with excessive sweating. "It's important to remember that hyperhidrosis is a treatable medical condition and it is possible to manage symptoms through medical treatment options."

The IHHS recommends following these simple steps to help control sweating this summer:

1. Stay hydrated: Drink early, drink often, and drink again. Sweat plays a critical role in keeping your body cool in hot temperatures. The key to keeping this internal air conditioning system working properly is drinking enough fluids.
2. Use a vaporizer or atomizer: Help the body's natural cooling system by using a vaporizer or atomizer to spray a light mist of water on the underarms. As the water evaporates the body will naturally cool down.
3. Wear loose, lightweight natural fabrics: Loose clothing enables perspiration to evaporate and natural, breathable fabrics "wick" moisture away from your underarms.
4. Apply antiperspirant twice daily: Application of a soft-solid antiperspirant formula to underarms twice daily (morning and before bedtime) has been shown to be more effective in controlling excessive sweat. Consider using a stronger, clinical-strength over-the-counter antiperspirant. Be sure the underarms are completely dry before applying product to reduce the chance of skin irritation.
5. Reach zen: Anxiety can increase sweat production. Control anxiety by breathing deeply and focusing internally.
6. Avoid sweat-inducing spicy foods and caffeinated beverages to help stay cool in the warmer weather.
7. Knock out body odor: Excessive underarm sweating can contribute to odors as the sweat dries and activates bacteria on your skin. Neutralize odors by sprinkling baking soda on affected clothing and on athletic gear after use.
8. Avoid mid-day workouts: When the sun is at its peak, the body is more inclined to sweat, so take advantage of the long summer days and plan an early morning or late evening workout.
9. Know your medications: There are a number of common medications that can exacerbate sweating. Make sure to check with your physician before you start any new medication, especially during the warmer summer months.
10. Talk to a dermatologist: When antiperspirants are not effective in controlling excessive underarm sweating, dermatologist may

administer treatment with BOTOX® (onabotulinumtoxinA). Results last up to 6.7 months and treatment is often covered by insurance.