

Do you feel like you're sweating more than you should? Do you need to pack an extra shirt with you to class? Does your sweating make you less confident than you would like to be? Many people with these symptoms have hyperhidrosis.

### **What is Hyperhidrosis?**

Hyperhidrosis is extreme sweating, which we can define as four to five times the amount of sweating needed to keep the body cool. It is sweating that can negatively affect your mood and daily life. If you think you have hyperhidrosis, you are not alone; over 950 000 Canadians are affected.

### **Impact & Solutions**

In a study measuring the quality of life of hyperhidrosis, 71% of patients reported that the disease made them less confident than they would like to be. This impacts students in everyday aspects of life, ranging from greeting others with handshakes, to feeling insecure during a class presentation to feeling less than confident dancing at a club. Hyperhidrosis may lead to social anxiety disorders, social seclusion, and even depression. There are, however, a variety of solutions:

#### **Antiperspirants**

- *Why it works:* It can plug sweat ducts so that sweat doesn't reach surface of skin. Preparations containing aluminum chloride hexahydrate are the most effective.
- *How to use it:* Apply to dry skin in the morning and before bed. (Note that studies have shown that applying the antiperspirant before bed is the most important step!)
- *Keep in mind:* Antiperspirants are different from deodorants, which only cover body scents.

#### **Topical Medications**

- *Why it works:* These medications contain aluminum salts in higher concentrations than those found in regular antiperspirants, and are used to treat mild forms of hyperhidrosis.
- *Keep in mind:* Some irritation may occur with this type of treatment including burning or stinging. Speak to a pharmacist or doctor about this treatment.

#### **Iontophoresis**

- *What it is:* Affected areas of the body are immersed in shallow trays of water for a period of time, while a machine sends a mild electrical current through the water.
- *Keep in mind:* This method is time-consuming and requires several weeks of treatment to reach normal levels of sweating. Side effects include dry, peeling skin.

#### **Botox**

- *What it is:* Botulinum toxin A; Treatment involves injecting the affected area directly with a chemical that blocks the signal from the nerve to the sweat gland.
- *Keep in mind:* Side effects include pain in the injection site, itching and headaches.

**There are other solutions**, including oral medication and surgery, however most dermatologists and physicians will only recommend these after having tried less invasive solutions first.

<b>Here are some simple, everyday tips for sweat management!</b>
<ul style="list-style-type: none"><li>○ Wear natural fabrics that allow your skin to breathe</li><li>○ Avoid hot beverages, alcohol &amp; spices</li><li>○ Stress may trigger sweating. Try relaxation techniques such as yoga or meditation</li><li>○ Avoid wearing the same pair of shoes two days in a row</li></ul>



Resources:

[www.sweathelp.org](http://www.sweathelp.org)

[www.sweatmanagement.ca](http://www.sweatmanagement.ca)