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## HELP IS HERE

Get more information and answers to frequently asked questions about hyperhidrosis at:

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

[info@hyperhidrosisuk.org](mailto:info@hyperhidrosisuk.org)

### Why do we sweat?

Everybody sweats. We sweat to help control the temperature of our bodies. Sweating is controlled by nerve impulses from the brain that turn on sweat glands just beneath the skin.

### What is hyperhidrosis?

At least one in every one hundred (1%) of people sweat more than is required to control their temperature. This excessive sweating is known as hyperhidrosis. Some people just have sweaty feet without hyperhidrosis—the information and recommended treatments in this leaflet still apply.

**AT LEAST 1% OF THE POPULATION  
SUFFER FROM PRIMARY HYPERHIDROSIS**

### What causes hyperhidrosis?

We don't know exactly what causes primary hyperhidrosis but it is known that the nerves supplying the sweat glands are over active. Some patients have secondary hyperhidrosis which can be due to other conditions such as thyroid disease, diabetes, menopause and obesity. That is why often your doctor or dermatologist will do some blood tests for you first to rule out these conditions.

This information is provided as a free service to patients by:

**Limbo Ltd,**  
Plough Lane, Hereford HR4 0EL

Telephone: 01432 373535  
[sweathelp.co.uk](http://sweathelp.co.uk)

Excessive Sweating?

HELP IS AFOOT

[hyperhidrosisuk.org](http://hyperhidrosisuk.org)



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# HYPER HIDROSIS TREATMENTS

## 1 Simple Measures

Copper or silver impregnated socks help work against bacteria to prevent infections which are common with excessive foot sweating.

Bamboo or charcoal insoles help wick moisture away from the skin and have some anti bacterial effects.

Alternate shoe days—wearing a different pair of shoes on alternate days—will allow the shoes to dry out completely before wearing them again.

Wear leather or shoes made from natural rather than man-made materials.

Visit a podiatrist who will help you with some of the conditions often associated with long term foot sweating such as infections and ingrown toenails.

**ANTIPERSPIRANTS WORK BEST WHEN APPLIED AT NIGHT-TIME**

## 2 Strong Antiperspirants

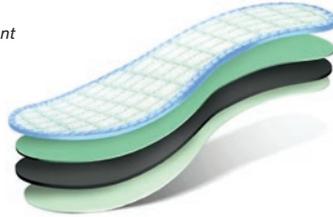
Your GP can prescribe strong antiperspirants or you can buy them in chemists or on line such as SweatStop Forte Max.

The antiperspirant should be applied to the underside of the feet every night to clean dry skin. After a few days, when the effect has built up, they only need to be applied every few days.

The same strength would also be suitable for the hands but if you suffer with sweating from other parts of the skin a lower strength should be used.

See [sweathelp.co.uk](http://sweathelp.co.uk) for more details.

Absorbent Insole



SweatStop Strong Antiperspirant for Feet



Iontophoresis device in use

## 3 Tap-water Iontophoresis

Iontophoresis is a safe and effective method of reducing sweating by passing a low voltage electric current through tap water to the skin of the hands, feet, or underarms.

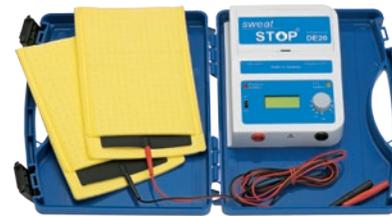
Successful treatment requires seven sessions over a four week period initially to get the hyperhidrosis controlled then requires top-up treatments as needed which varies from every week to every few weeks. It usually takes at least four sessions before there is any noticeable reduction in sweating.

**IONTOPHORESIS WORKS BEST WITH HARD TAP WATER**

Each treatment session takes about 30 minutes for the feet (20 minutes for the hands or underarms).

It does not hurt! You will feel a tingling or pins and needles sensation during the treatment.

It is possible in some areas to be referred to a dermatology unit for an initial course of iontophoresis but many patients purchase their own device for use at home.



Iontophoresis device for home use

## OTHER TREATMENTS

### 4 Botulinum Toxin

Botulinum toxin (commonly known as botox) is not licensed for treating the feet. Some practitioners offer it for the feet and it can work if done correctly but it is very important that the person providing the treatment has been trained to administer botox specifically for sweating.

### 5 Medications

Medications are available containing a drug to block the chemical made at the end of the nerves to stop sweating. These are known as anticholinergics (or antimuscarinics). They can be very effective in reducing sweating from all over the body but have many unwanted side effects including a dry mouth, constipation and difficulty going to the toilet.

**ONLY 5% OF PEOPLE WITH HYPERHIDROSIS HAVE EVER DISCUSSED THEIR SYMPTOMS WITH A HEALTHCARE PRACTITIONER**

### 6 Sympathectomy Surgery

Lumbar sympathectomy is a very last resort for excessive feet sweating. It involves an operation by key hole surgery to cut the nerves supplying the sweat glands and can be very successful but many patients develop sweating of another part of the body (compensatory sweating) which is generally more difficult to manage than that of the feet.