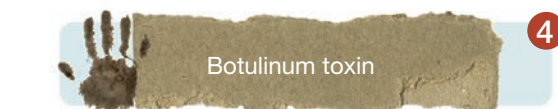


The treatment journey



HELP IS HERE

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

www.hyperhidrosisuk.org

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 hundred (1%) of people sweat more than is required to control their temperature. This excessive sweating is known as 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.

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

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

**Limbco Ltd,
Plough Lane, Hereford HR4 0EL
Telephone: 01432 373535
sweathelp.co.uk**



Excessive Sweating?
HELP IS AT HAND

hyperhidrosisuk.org



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HYPERHIDROSIS TREATMENTS

1 Strong Antiperspirants

Your GP is likely to prescribe you a strong antiperspirant which can be applied to the skin in any area prone to excessive sweating. Sometimes, especially in sensitive areas, such antiperspirants can cause skin irritation.

SweatStop is a range of antiperspirants containing aloe vera, with different strengths and formulations to suit the amount of sweating and where it is to be used.

An aluminium free antiperspirant is available called IXAL which is only suitable for the underarms for those with heavy sweating due to hyperhidrosis.

Strong antiperspirants should be applied at night time to clean, dry skin for them to work most effectively.



2 Absorbent Materials

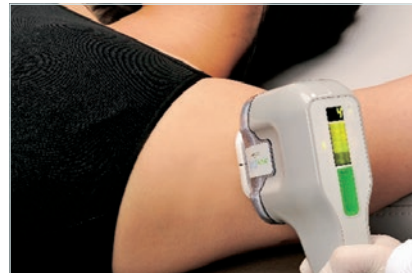
Barriers to sweat, disposable absorbent pads to be worn beneath clothing, and clothing with integrated sweat protection are also available. Absorbent charcoal or bamboo insoles are also available to help absorb moisture from the foot and help combat infections.



AT LEAST 1% OF THE POPULATION SUFFER WITH PRIMARY HYPERHIDROSIS



IONTOPHORESIS WORKS BEST WITH HARD TAP WATER



3 Tap-water Iontophoresis

We are all aware of the dangers of mixing water and electricity but 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.

Tap water iontophoresis is the most commonly used treatment when you are referred to a dermatology department in hospital.

Successful treatment requires seven sessions over a four week period initially to get the hyperhidrosis controlled. It usually takes at least four sessions before there is any noticeable reduction in sweating.

After the initial course, top-up treatments are needed as soon as the skin begins to feel clammy again, the frequency of these can range from a few days to a few weeks.

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

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

Usually the hospital will provide you with just the initial course to verify that iontophoresis works for you. If it does they will encourage you to buy your own device for use at home.

A range of devices is available capable of providing direct current, pulsed current or both. Direct current is usually recommended and tolerated for treatment of the hands and feet, while pulsed current is recommended for treatment of the underarms, those with sensitive skin and children.

4 Botulinum toxin

Commonly known as Botox, the trade name of the first available product. It works by blocking the chemical that is produced by the nerves that normally turn on the sweat glands. It is only licensed for treating underarms, but some doctors do treat other parts of the body, which can be a little uncomfortable. Unfortunately, although it is very effective when first applied, sweating will return after three to six months.

5 miraDry

MiraDry is a microwave device which destroys sweat glands beneath the skin of the underarms whilst simultaneously cooling the skin to protect it from damage. Results so far indicate that it is an effective treatment with lasting effects.

6 Anticholinergic Medications

There are a few medications that can be prescribed to reduce sweating and most belong to a group called anticholinergics (sometimes also called antimuscarinics). They work by blocking the chemical at the end of the nerves so it cannot work on the sweat glands. The major problem with such drugs is that they work on all glands and tissues in the body that are controlled by that chemical (called acetylcholine) and as well as reducing sweating they tend to have other effects such as dry mouth, constipation, difficulty urinating which is why many people stop using them.

7 Surgery

There are several types of surgery that can be performed on the sweat glands depending on the surgeon or dermatologist you see. Endoscopic Thoracic Sympathectomy (cutting the nerves in the chest that supply the sweat glands) is considered as a last resort to treat hyperhidrosis. It is very effective but frequently leads to sweating of another part of the body.