**Disease Name –**

Hyperhidrosis (Excessive Sweating)

**Medical history related** **Hyperhidrosis (Excessive Sweating)–**

Family history of hyperhidrosis. Medications or medical conditions that may cause excessive sweating as a side effect. Onset and duration of excessive sweating episodes. Impact of sweating on daily activities and quality of life.

**Symptoms of Hyperhidrosis (Excessive Sweating) –**

Symptom 1- Persistent and Uncontrollable Sweating: Hyperhidrosis is characterized by persistent and uncontrollable sweating that exceeds what is necessary for normal thermoregulation. Individuals with hyperhidrosis may experience sweating even in cool or comfortable environments, and the sweating is often disproportionate to the level of physical exertion or emotional stress.

Symptom 2- Excessive Sweating Regardless of Temperature or Physical Activity Level: One of the hallmarks of hyperhidrosis is the occurrence of excessive sweating regardless of external temperature or the individual's level of physical activity. This means that sweating can happen at any time, whether the individual is at rest or engaged in physical exercise, and may not be relieved by cooling measures.

Symptom 3- Sweating Affecting Multiple Areas of the Body: Hyperhidrosis commonly affects multiple areas of the body, including the underarms, palms, soles of the feet, and face. These areas are rich in sweat glands and may exhibit profuse sweating, leading to dampness and discomfort.

Symptom 4- Damp or Wet Clothing Despite Minimal Exertion or Environmental Heat: Individuals with hyperhidrosis may frequently experience damp or wet clothing, even in situations where minimal physical exertion or environmental heat is present. This persistent moisture can lead to discomfort, skin irritation, and difficulty maintaining personal hygiene.

Symptom 5- Skin Maceration, Odor, or Fungal Infections: Areas of the body prone to excessive sweating, such as the underarms and groin, may experience skin maceration (softening and breakdown of the skin), foul odor due to bacterial growth, or fungal infections such as athlete's foot or jock itch. These secondary complications can further exacerbate discomfort and may require additional treatment.

Symptom 6- Social Embarrassment or Avoidance of Activities Due to Sweating: Hyperhidrosis can have a significant impact on an individual's social and emotional well-being. Excessive sweating may lead to embarrassment, self-consciousness, and avoidance of social activities or situations where sweating may be visible or perceived negatively. This can result in decreased quality of life and may contribute to feelings of isolation or low self-esteem.

**Description of Hyperhidrosis (Excessive Sweating)–**

Hyperhidrosis is a medical condition characterized by excessive sweating beyond what is necessary for thermoregulation. It can significantly impact daily life, causing embarrassment, discomfort, and interfering with social and professional activities. Hyperhidrosis can be classified as primary (idiopathic), where there is no underlying cause, or secondary to other medical conditions or medications. It commonly affects areas such as the underarms, palms, soles of the feet, and face. Treatment options include topical antiperspirants, oral medications, botulinum toxin injections, iontophoresis, and in severe cases, surgical interventions such as sympathectomy.

**Causes of** **Hyperhidrosis (Excessive Sweating)–**

Cause 1- Genetic predisposition: There may be a familial tendency for hyperhidrosis, suggesting a genetic component to the condition.

Cause 2- Overactive sweat glands: Individuals with hyperhidrosis have overactive sweat glands, leading to excessive sweating beyond what is necessary for regulating body temperature.

Cause 3- Environmental triggers: Certain environmental factors such as heat, humidity, stress, or anxiety can exacerbate sweating in individuals with hyperhidrosis.

Cause 4- Medical conditions: Secondary hyperhidrosis may be caused by underlying medical conditions such as thyroid disorders, diabetes, menopause, infections, or neurological disorders.

Cause 5- Medications: Some medications, including certain antidepressants, antipsychotics, and opioids, may cause excessive sweating as a side effect.

**Lifestyle changes to prevent Hyperhidrosis (Excessive Sweating)–**

Preventive measures for hyperhidrosis involve managing triggers and implementing strategies to minimize excessive sweating. Lifestyle changes may include wearing breathable clothing made of natural fibers, avoiding spicy foods and caffeine which can exacerbate sweating, practicing stress-reduction techniques such as yoga or meditation, and maintaining good hygiene to reduce body odor and the risk of skin infections. In addition, using antiperspirants containing aluminum chloride, avoiding tight-fitting shoes, and keeping feet clean and dry can help manage excessive sweating in specific areas of the body.

**Disease background of Hyperhidrosis (Excessive Sweating)–**

Hyperhidrosis can affect individuals of any age, gender, or ethnicity. It commonly begins during adolescence or early adulthood but can develop at any age. People with hyperhidrosis may experience significant social and emotional distress due to their condition, leading to avoidance of social situations, decreased confidence, and impaired quality of life. Individuals in professions that require frequent interaction with others, such as sales, public speaking, or healthcare, may be particularly affected. Treatment options are available to help manage hyperhidrosis and improve symptoms, but it may require trial and error to find the most effective approach for each individual.