

Allergan  
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# BEAT THE SWEAT

Don't crop, Treat.

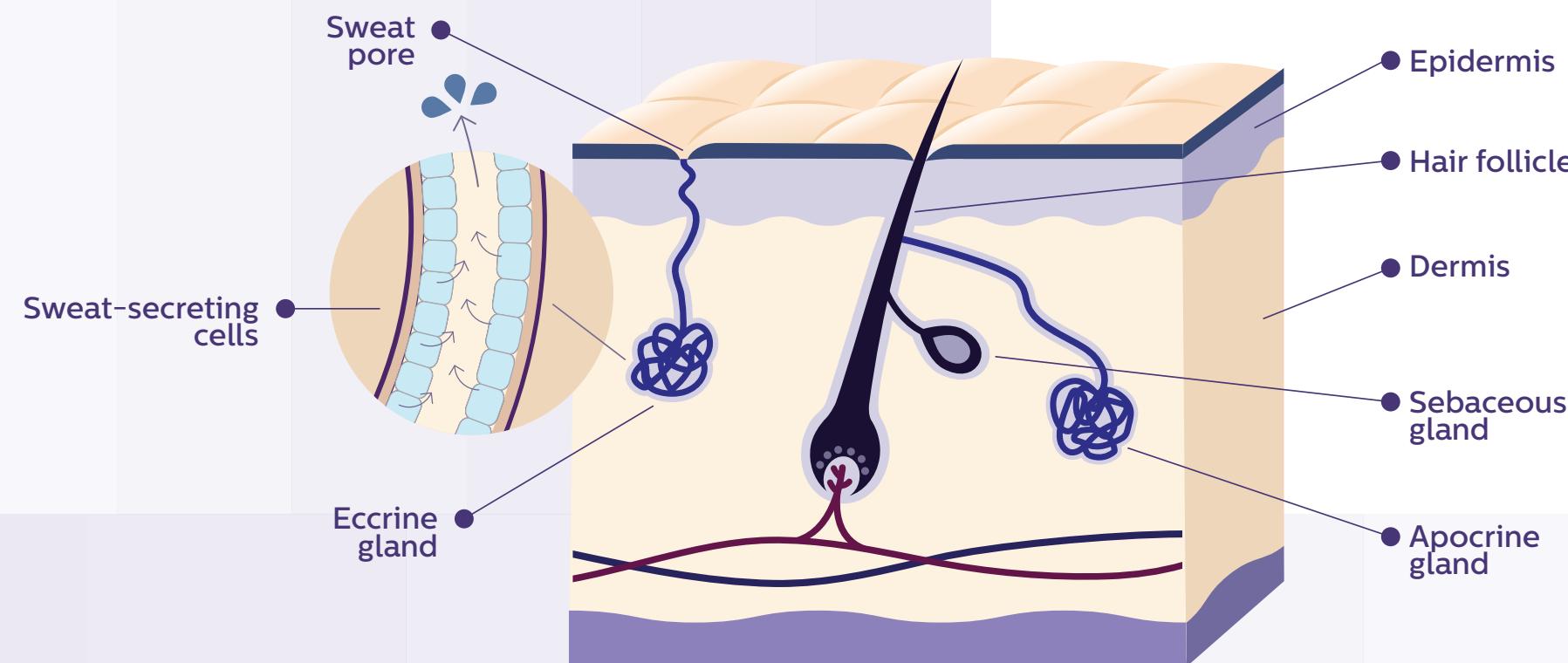


# BEAT THE SWEAT

Sweat is produced by glands (eccrine & apocrine) in the deeper layer of the skin, the dermis.

Sweat glands are most numerous on the forehead, the armpits, the palms and the soles of the feet.

Sweat glands main function is to control body temperature. As the water in the sweat evaporates, the surface of the skin cools.<sup>1,2</sup>

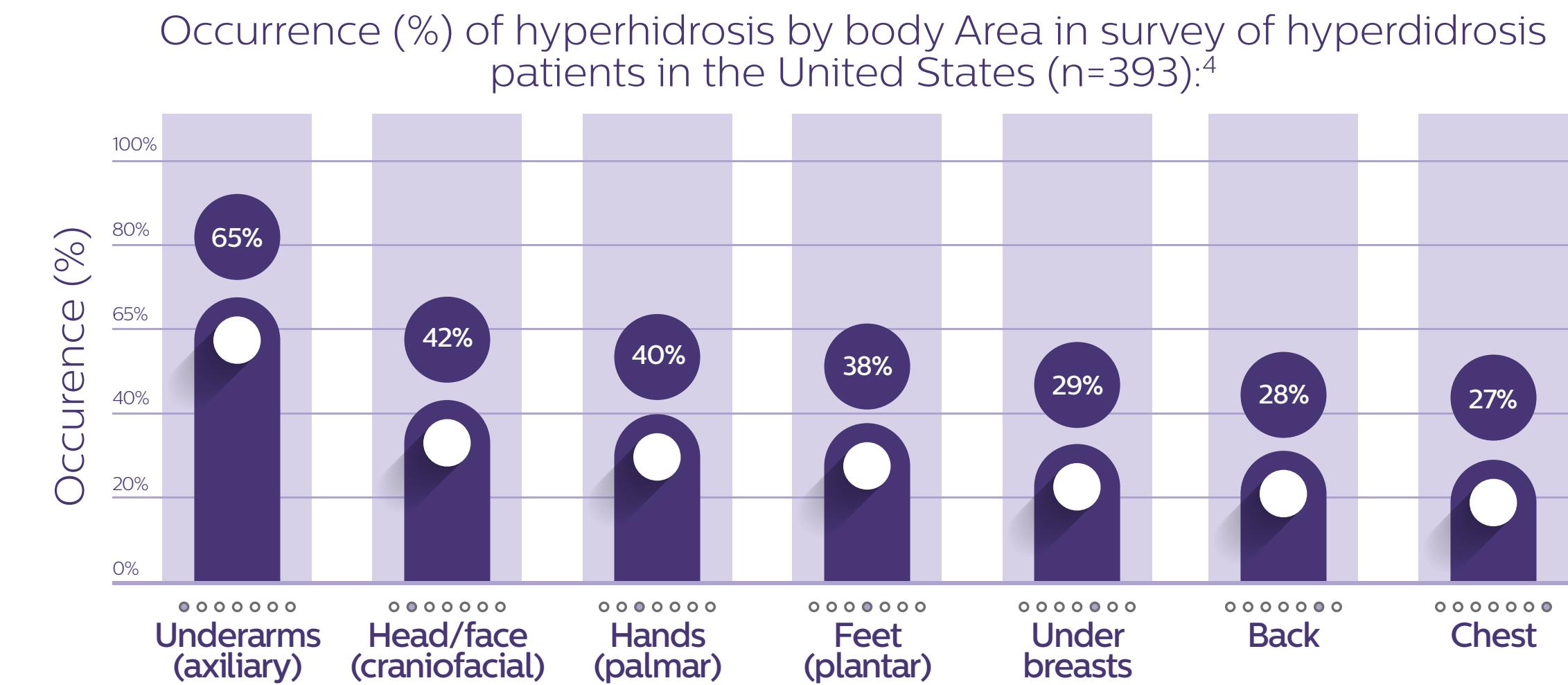


## EXCESSIVE SWEATING!

It's normal to sweat when you get nervous or too hot. If you sweat for no apparent reason, you may have hyperhidrosis.

## WHAT IS HYPERHIDROSIS?

Hyperhidrosis is a medical condition characterized by excessive sweating beyond what is necessary to regulate body temperature. The sweating can occur in one or multiple areas of the body, such as the underarms, palms, soles of the feet, face, and scalp. The excessive sweating can interfere with daily activities, cause emotional distress and embarrassment, and lead to skin problems such as infections and rashes.<sup>3</sup>



Not all treatments are indicated for all body parts. Always discuss treatment options with your treating doctor who will guide you on what is recommended for your condition.

# YOU ARE NOT ALONE!

According to a review published in the Journal of the American Academy of Dermatology, the prevalence of hyperhidrosis ranges from 0.6% to 5.0%, depending on the studied population and criteria used for diagnosis.<sup>4</sup>

- Affects both men and women equally.<sup>5</sup>
- Prevalence was found to be the highest among people aged 25–64 years.<sup>5</sup>

## AXILLARY HYPERHIDROSIS



### Symptoms<sup>6</sup>:

Visible sweating.

Sweating interferes with everyday activities.

Skin turns soft, white, and peels in certain areas & frequent Skin infections.

### Quality of life:

Axillary Hyperhidrosis can cause people to feel extremely anxious and embarrassed. Students often avoid raising their hand during class. Many teens never date. Adults may hide the sweat stains by wearing layers of clothing or changing frequently throughout the day.<sup>6</sup>

### Are antiperspirants and deodorants enough?

NO, NOT ALWAYS!

Over the counter and prescription antiperspirants are two of the first options people with severe underarm sweating try.<sup>5,7,8</sup>

These products work by blocking sweat ducts and reducing the amount of perspiration that reaches the skin.<sup>5,7,8</sup>

Deodorants help control body odour and are typically used in addition to antiperspirants.<sup>6</sup>

**When these products don't work well enough it may be time to ask your doctor what other treatments are available**



# HOW DO DOCTORS TREAT HYPERHIDROSIS?<sup>8</sup>

- ❖ Iontophoresis (the no-sweat machine).
- ❖ Botulinum toxin type A injections.
- ❖ Prescription cloth wipes.
- ❖ Prescription medicines.
- ❖ Surgery.
- ❖ Hand-held medical device that attempts to destroy sweat glands.



DOs<sup>9</sup>

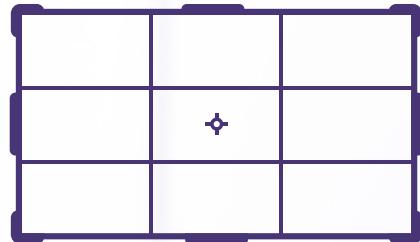


- Wear loose-fitting clothes to minimise signs of sweating.
- Wear socks that absorb moisture and change your socks at least twice a day if possible.
- Wear leather shoes and try to wear different shoes day to day.

DON'Ts<sup>9</sup>



- Do not wear tight clothes or synthetic fabrics – for example, nylon.
- Do not wear enclosed boots or sports shoes that may cause your feet to sweat more.
- Do not do things that might make your sweating worse – for example, drinking alcohol or eating spicy food.



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Patients results may vary. Safety and efficacy of any treatment may vary from a patient to another. Please refer to your treating physician for more details.