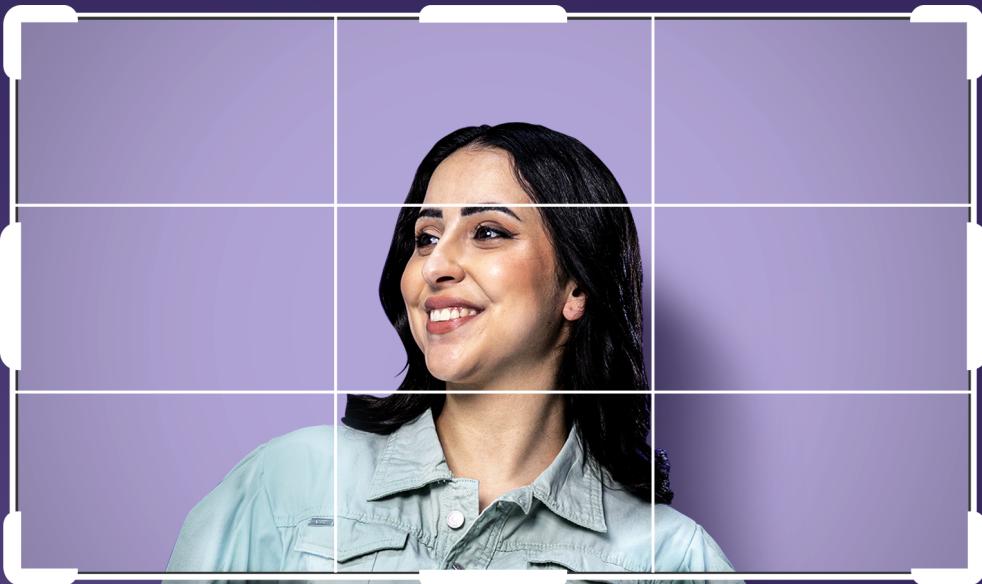


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# BEAT THE SWEAT

Don't crop, Treat.

Directed For  
The Patients



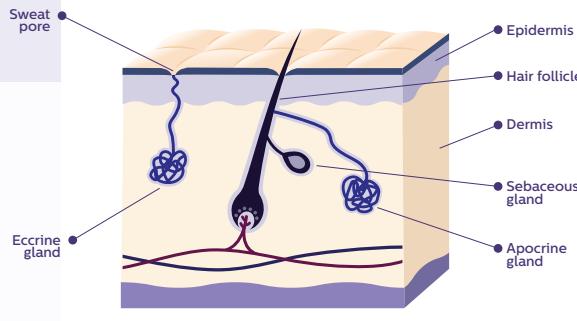
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# BEAT THE SWEAT

Sweat is produced by glands (eccrine & apocrine) in the deeper layer of the skin, the dermis.<sup>1</sup> Sweat glands are most numerous on the forehead,<sup>2</sup> the armpits, the palms and the soles of the feet.<sup>1</sup> Sweat glands main function is to control body temperature as the water in the sweat evaporates, the surface of the skin cools.<sup>1</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.<sup>4</sup>



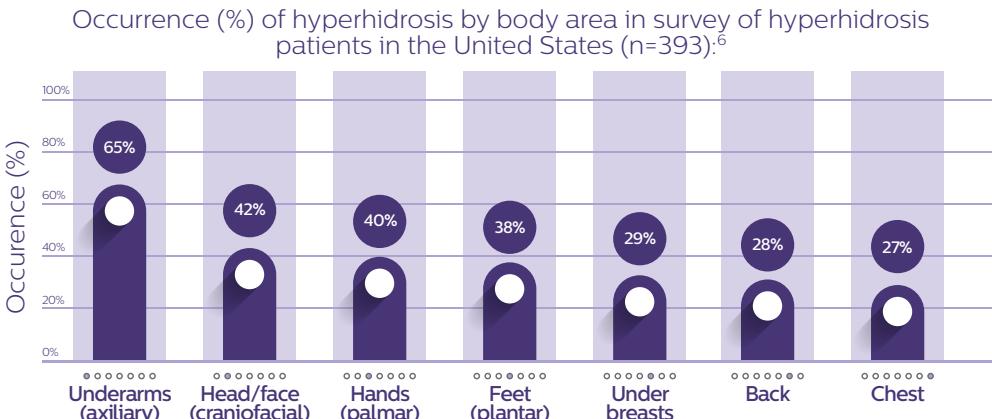
(Adapted from ref. 3.)

## 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, most often, from the palms, feet, underarms, or head.<sup>4</sup>

The excessive sweating can interfere with daily activities,<sup>4</sup> cause emotional distress and embarrassment, and lead to skin problems such as infections and rashes.<sup>5</sup>



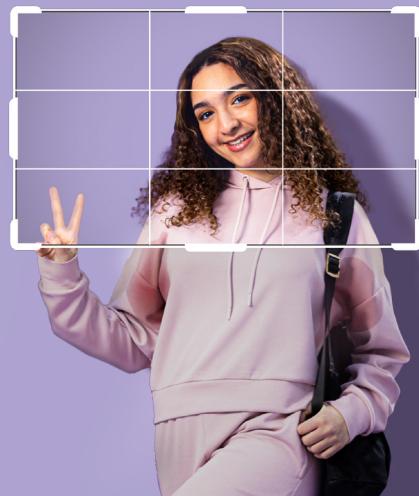
Not all treatments are indicated for all body parts. Always discuss treatment options with your treating doctor who will guide you on what is recommended for your condition.



# YOU ARE NOT ALONE!

The worldwide prevalence of hyperhidrosis ranges from 0.6% to 16.7%.<sup>7</sup>

- Affects both men and women equally.<sup>2</sup>
- Prevalence was found to be the highest among people aged 25–64 years.<sup>2</sup>



## AXILLARY HYPERHIDROSIS

### Symptoms<sup>8</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.

Adults may hide the sweat stains by wearing layers of clothing or changing frequently throughout the day.<sup>8</sup>

### Are antiperspirants and deodorants enough?

**NO, NOT ALWAYS!**

Over the counter and prescription antiperspirants work by blocking sweat gland ducts.<sup>9</sup>

Deodorants are helpful in reducing body odor.<sup>10</sup>

**When these products don't work well enough it may be time to ask your doctor what other treatments are available.<sup>11</sup>**



# HOW DO DOCTORS TREAT HYPERHIDROSIS?<sup>12</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>13</sup>



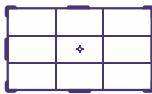
- Wear loose-fitting clothes to minimise signs of sweating.
- Wear socks that absorb moisture and change your socks at least twice a day when possible.
- Wear leather shoes and try to wear different shoes everyday.

DON'Ts<sup>13</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.





# BEAT THE SWEAT

Don't crop, Treat



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This content is for informational purposes only and does not constitute professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding a medical condition, treatment, or procedure.

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.

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