



RAISING AWARENESS & SOLUTIONS TO EXCESSIVE SWEATING

Don't just Sweat It learn to Live with It!

FOCUSED ON SWEAT DEDICATED TO PROVIDING SOLUTIONS

UNDERSTANDING HYPERHIDROSIS

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Picture Hyperhidrosis as your Superpower.



To the Hyperhidrosis Family

Medically there's no cure but the number one cure is acceptance owning your flaw.

There's no natural death but there's a slow death characterized by the **psychological trauma** that comes with it. Little is known about this condition hence patients living with hyperhidrosis hardly talk about it and would rather be alone.

The Mission is to Restore Hope and Confidence.

Martin Kimamo
CEO/Founder
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Defining Hyperhidrosis

Hyperhidrosis is defined, as a condition where individuals sweat more than what is necessary to properly cool the body and regulate temperature. Also defined as excessive sweating disorder.

The process of sweat production is controlled partly by the bodies sympathetic nervous

Hyperhidrosis is **NOT** a cosmetic problem, a weather-related problem, a hormone problem, an anxiety problem, a weight problem, an exercise problem, a drug problem, or a personality problem...

It's a common, medical, serious, life-damaging, under-recognized and under-cared-for problem.

The human body

- There are about **4-5 Million** sweat glands on human body
- A well-acclimated person can sweat up to **4 liters per hour** to maintain thermal homeostasis (healthy body temperature)

Statistics

Nearly **5%** of the population suffers from excessive sweating or hyperhidrosis.

At least **367 MILLION** people are struggling with extreme sweating.

The number keeps growing since Hyperhidrosis is also **Genetic** hence can be passed from one generation to another.

Two Types of Hyperhidrosis

Excessive sweating is divided into two categories to help clinicians and sufferers understand their cause, and then approach treatment. The two types of hyperhidrosis are:

Primary Focal and Secondary Generalized.

Understanding the difference is one of the most important steps in understanding hyperhidrosis.

Primary Focal Hyperhidrosis refers to excessive sweating that is not caused by another medical condition, nor is it a side effect of medications. The excessive sweating is the medical condition itself. This type of sweating occurs on very specific areas of the body (described as focal areas) and is usually relatively "*symmetric*" meaning that both the left and right sides of the body are affected similarly. The most common focal areas are the sweaty hands, sweaty feet, sweaty underarms, and sweaty face or head. (Notice that we say 'and' when we list the focal areas? That's because most people with hyperhidrosis experience excessive sweating on more than one area--especially those with sweaty palms, they almost always also have sweaty feet.)

Secondary Generalized Hyperhidrosis. This type of excessive sweating is caused by another medical condition or is a side effect of a medication. That's why it's called secondary - it's secondary to something else. Unlike with primary focal hyperhidrosis, people with secondary hyperhidrosis experience sweating on larger or other areas of the body (described as generalized areas).

key difference between the two types of hyperhidrosis is that people with secondary generalized hyperhidrosis may often experience their sweating symptoms while sleeping. With secondary hyperhidrosis, excessive sweating usually starts in adulthood, whereas primary hyperhidrosis starts in childhood or adolescence.

Diagnosing Hyperhidrosis

If you suffer from excessive sweating, chances are, you suffer every day. You may constantly worry about how much you're sweating. You may spend hours each day dealing with sweat - changing clothes, "*freshening up*", wiping, placing napkins or pads under your arms or in your pockets, bathing, and hiding under dark-colored, bulky clothes. You may have lost friends and opportunities because of extremely sweaty palms, slippery sweaty feet, sweating on your face, or uncontrollable sweating underarms.

Afraid of what people will think, you may even make excuses to stay home, or choose careers in which you don't have to interact with people, shake hands, or give presentations. Emotional problems, including **depression, social isolation, and decreased confidence, can result.**

In addition to **psychological troubles**, excessive sweating can also cause painful or irritating skin problems, such as bacterial or fungal overgrowth, infections, and disintegration (also called maceration) of the skin.

From physical discomfort, to anxiety, embarrassment, and the stress of always hiding your sweat from others, hyperhidrosis can impact nearly all aspects of your life. To help your physician, your health insurance plan, even your friends and loved ones understand how much hyperhidrosis negatively affects you, it's useful to think about and keep track of its daily effects.

Sweat and Odor

Eccrine sweat glands are found in large numbers on the soles of the feet, the palms, the forehead, the cheeks, and in the armpits. These glands produce large volumes of watery, odorless sweat. Hyperhidrosis, or excessive sweating, affects the eccrine glands.

Apocrine glands are different. They are found in the armpits and genital region. They produce a thick, viscous, usually invisible fluid. When this fluid comes in contact with bacteria on the skin's surface, it produces a characteristic potent smell.

People who suffer from true hyperhidrosis, or excessive sweating, often do not have problems with body odor. This is because the large volume of sweat that their bodies produce comes from their **eccrine glands and that sweat tends to wash away bacteria and apocrine sweat**. Body odor can occur, however, if a person sweats sporadically and the sweat is allowed to dry on the skin. In this circumstance, apocrine sweat would have the opportunity to react with bacteria on the skin and produce odor.

If you are experiencing an odor problem, with or without hyperhidrosis, the first step is to keep the body area in question dry. Antiperspirants, powders, and frequent clothing changes can help in this regard. The next step is to wash regularly with an antibacterial soap like **Dial, Safeguard, or Zest**. To mask odor, a deodorant may be helpful (many antiperspirants also include deodorants). Sometimes changes in diet can also help.

Hyperhidrosis Treatments

We have the older but improved modes of treating hyperhidrosis such as the use of antiperspirants, which have been in use for decades. OTC [over the counter antiperspirants](#) is available and easily accessible online and at a pharmacy. They contain aluminum chloride, which is essential in controlling excessive armpits sweating. Deodorants are great at controlling odor caused by sweat. OTC antiperspirants are clinical antiperspirants approved by Association of Dermatologists (tagged Doctors Approved).

Antiperspirants aren't only for your underarms. You can also apply some of them to other areas where you sweat, like your hands and feet. Some may even be applied to the hairline.

Don't just roll or spray on your antiperspirant/deodorant in the morning and forget about it. Also apply it at night before you go to bed -- it will help keep you drier.

Popular Over the counter Antiperspirants for Hyperhidrosis

Certain Dri
Odaban
Drysol
Maxim
Driclor
SweatBlock
Dove
Carpe
Antiperspirant Lotion
Secret Clinical Strenght
ClinicalStrenght Sweat Guard for hands
Weswee
Zeasorb Powder
3B Foot Saver Roll-On

Regular Antiperspirants/Deo
Available in supermarkets and shops near you.

Nivea
Fa
Rexona
Blue Ice
Axe (Deo)
Old Spice

Over the Counter Antiperspirants Vs. Regular Antiperspirants

While you may begin with using a regular antiperspirant in the affected area, these do not usually provide satisfactory relief from excessive sweat. There are several stronger (clinical strength) and specialized antiperspirants for hyperhidrosis that may be more effective.

There are a large number of clinical strength antiperspirant options (brands, strengths, formula, form etc) available in the market. Many of really high strength antiperspirants for hyperhidrosis may require a prescription in certain markets, while others with a lower strength (but much higher than the regular ones) are available over the counter.

In USA, the FDA allows over-the-counter sale of antiperspirants containing 15%-25% aluminum (with the figure varying based on the specific compound being used).

Antiperspirant Effectiveness for Different Types of Hyperhidrosis

One thing to note is that Antiperspirants for hyperhidrosis are usually more effective for the under-arm region (as compared to hands, feet or face). This is primarily because the skin on palms and feet is much thicker than armpits, thus making absorption of antiperspirant more tricky.

NOTE: Treatment varies from patient to patient. What works for you is not a guarantee it will work for you.

Be patient with your treatment and keep track of the notable changes. The way you manage your Hyperhidrosis will determine the change in your sweat patterns.

Oral Treatments

Treatments for hyperhidrosis vary depending on your condition and lifestyle. Physicians often combine several treatments for patients, ranging from clinical strength antiperspirants and iontophoresis to Botox, surgery and prescription drugs.

Oral medications for hyperhidrosis are prescribed for specific types of excessive sweating, mainly excessive facial sweating and generalized hyperhidrosis. While it's unique for everyone, medications are usually only prescribed after other topical options such as clinical strength antiperspirant have been exhausted.

There are a million questions but few clear answers about taking oral medication for hyperhidrosis. Does it work? What are the side effects? Is it for everyone?

Below is breakdown of the types and side effects of oral medication for hyperhidrosis

Types of Oral Medication for Hyperhidrosis

Oral medication for hyperhidrosis fall into two main categories — **anticholinergics and beta blockers**.

Anticholinergics are the most commonly used oral medication for hyperhidrosis. These include medications such as oxybutynin, glycopyrrolate, benztropine, propantheline and others. Anticholinergics block chemicals that allow certain nerves to communicate with each other, reducing body sweat.

Anticholinergics don't spot reduce — they decrease sweating over the entire body, even in areas where sweating isn't an issue. While this sounds ideal, (less sweat? sign us up!) decreasing your body's sweating overall means it can no longer efficiently cool itself, putting you at risk for overheating. Athletes and people who work or live in warm climates should use extreme caution when taking anticholinergics for hyperhidrosis.

While often mild, anticholinergics also have side effects including **dry mouth, constipation, impaired taste, blurred vision, urinary retention and heart palpitations**. These side effects can typically be managed by adjusting the dosage.

Iontophoresis for Hyperhidrosis

(pronounced eye-on-toe-for-ee-sis) is a safe and effective treatment that can be used to reduce excessive sweating (hyperhidrosis) of the hands, feet and underarms.

It involves using an iontophoresis machine to pass a weak electrical current through the affected areas of the skin by immersing them in either trays filled with water or through water soaked sponge underarm pads. The current is passed one way for a fixed time and then reversed for the same amount of time. Iontophoresis can only be used for hyperhidrosis of the hands, feet and armpits.

Generally, tap water is used. However, in some specialist centres an aqueous glycopyrrolate solution is added into the water filled trays. This drug works by

decreasing the body's secretions at the treatment site. **Side effects of glycopyrrolate** are uncommon when absorbed through the skin but could include:

- bruising or blisters if a high intensity of current is required
- a sensation of mild burning if the electrode is touched
- a mild electric sensation during the treatment when removing your hands or feet from the trays
- moderate thickening of the treated skin
- itchiness of the treated skin

Each session lasts for 20-30 minutes depending on the area to be treated.

Success Rate 70%

Unfortunately the effects are only temporary and the treatment will need to be ongoing whilst you continue to have symptoms of hyperhidrosis.

You are not suitable to undertake iontophoresis treatment if:

- you have a cardiac pacemaker or similar device
- you have metal implants in the flow of the current
- you are pregnant.

The lower age limit for iontophoresis is 5 years, however performing treatments on under 12's needs to be agreed with the doctor.

miraDry for Hyperhidrosis

miraDry is a newer, noninvasive hyperhidrosis treatment. Using microwave technology, miraDry targets and eliminates sweat and odor glands from the armpits. miraDry was FDA-cleared in 2015 to treat axillary hyperhidrosis.

The treatment uses a handheld device to deliver electromagnetic energy below the skin, targeting sweat glands. The device heats and destroys the underarm sweat glands while cooling and protecting the top layers of skin.

The procedure is relatively painless, but it does require local anesthesia in the form of lidocaine injections. Most people can continue normal activities, return to work right after the procedure and resume exercise within a couple of days.

miraDry is less invasive than many other treatments on the market like hyperhidrosis surgery or Botox. But it does have its fair share of side effects.

Depending on where you live, miraDry costs around \$3,000 per treatment. Most people have to undergo at least two treatments to see lasting results.

Side Effects of MiraDry for Hyperhidrosis

Common side effects of miraDry include **underarm swelling, redness and soreness** that can last several days to a few weeks. You might experience **numbness and tingling in the upper arm or armpit** for up to five weeks.

Success Rate 82%

It's important to know that there is **no cure** for hyperhidrosis. No treatment will completely solve your sweating issues — but it can be managed.

Botox for Hyperhidrosis

Botulinum toxin (known as Botox) is a drug that temporarily paralyzes muscles to treat certain muscle conditions, reduce wrinkles or stop sweat.

To treat severe underarm sweating, Botox works by blocking the secretion of the chemical that activates sweat glands. During the procedure, doctors (typically dermatologists) inject around 50 units of Botox into each armpit. The more units injected, the longer the drying effects tend to last.

The Procedure relatively comes for your wallet.

Most people require 100 units of Botox to stop sweating under both underarms, which typically costs around \$1,000. Coupled with dermatologists fees — usually another \$500 — the totally cost of Botox is typically \$1,000 - 1,500 per session.

Typically, you will experience dry armpits for around 3 to 6 months after receiving Botox injections. However, exercise and stress can accelerate the body's metabolic response to Botox so the results fade faster.

To get Botox injections for hyperhidrosis, you must be at least 18 years old, and it should be a last line of defense for heavy or severe underarm sweating. You should explore non-invasive options like sweat proof clothing and prescription antiperspirants first.

Botox is only advised for severe cases of axillary hyperhidrosis that cannot be treated with topical solutions.

Risks and **Side Effects of Botox** for Underarm Sweating

While Botox is FDA-approved, you still run the risk of mild to more serious side effects. Although Botox is only injected at the site, the effects can spread to other parts of the body.

Some side effects from Botox for axillary hyperhidrosis include:

PROBLEMS SWALLOWING, SPEAKING OR BREATHING

According to the Botox website, these effects “can be severe and result in loss of life.” It’s not recommended to get Botox injections if you already experience difficulty swallowing, speaking or breathing.

MUSCLE WEAKNESS OR TIREDNESS

Botox can cause muscle weakness and drowsiness so it isn’t recommended for people with muscle or nerve conditions.

VISION PROBLEMS

Potential vision issues include double vision, dry eyes, blurred vision, dizziness and drooping or swelling of the eyelids.

ALLERGIC REACTIONS

These include itching, rash, red itchy welts, wheezing, asthma symptoms, dizziness or feeling faint.

INTERACTIONS WITH OTHER MEDICINES

Using Botox with certain medications can lead to serious side effects. These include prescription and nonprescription medicines, vitamins and herbal products. Be sure to consult a doctor and disclose all your medications and supplements before opting for Botox for hyperhidrosis.

- **LOSS OF BLADDER CONTROL**
- **HEADACHES AND NECK PAIN**

ETS Surgery for Hyperhidrosis (Endoscopic Thoracic Sympathectomy)

Endoscopic thoracic sympathectomy (**ETS**) is surgery to treat sweating that is much heavier than normal.

The sympathetic nerves control sweating. The surgery cuts these nerves to the part of the body that sweats too much.

Description

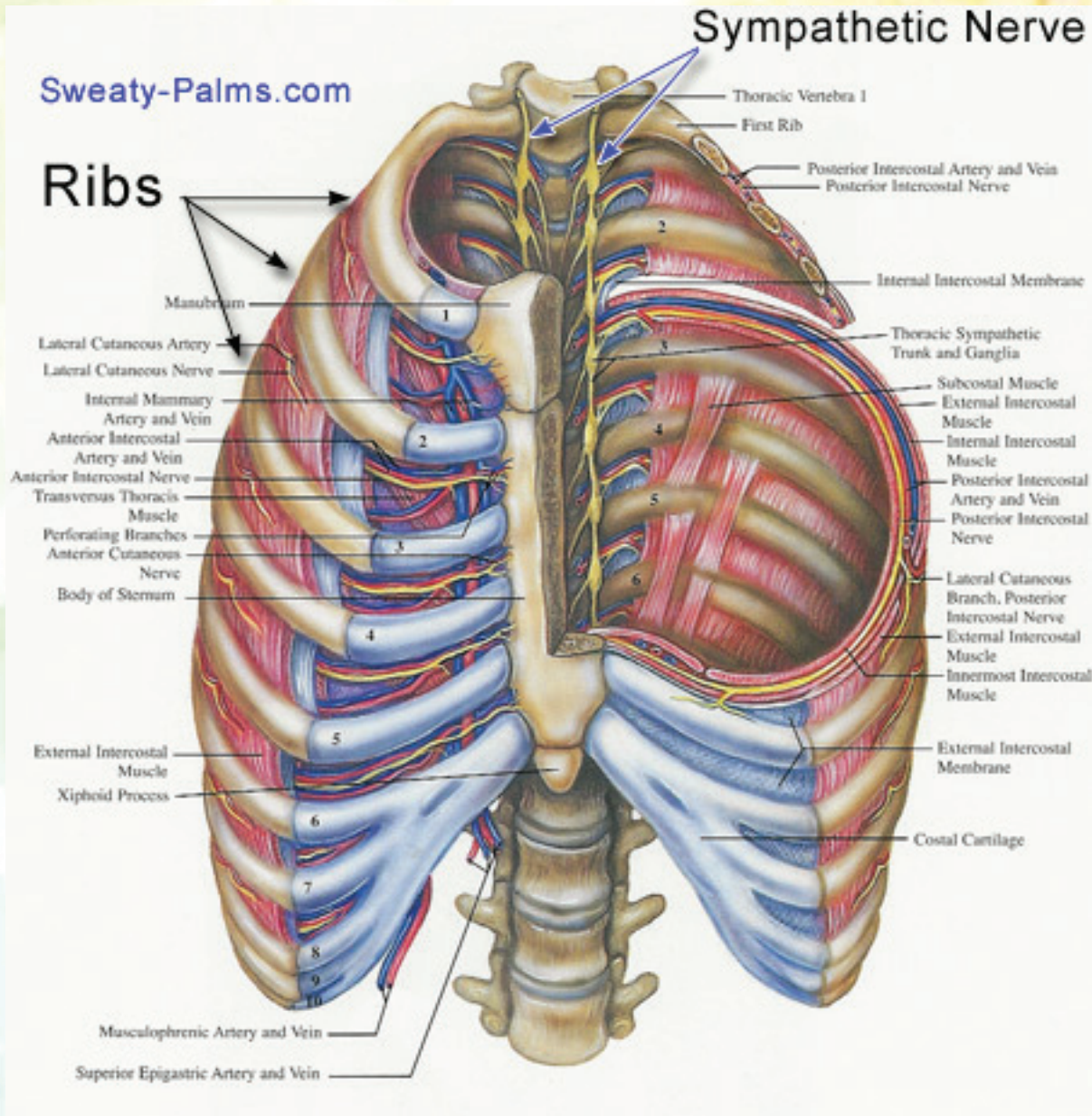
The surgery is usually done the following way:

- The surgeon makes 2 or 3 tiny cuts (incisions) under one arm on the side where the excessive sweating occurs.
- Your lung on this side is deflated (collapsed) so that air does not move in and out of it during surgery. This gives the surgeon more room to work.
- A tiny camera called an endoscope is inserted through one of the cuts into your chest. Video from the camera shows on a monitor in the operating room. The surgeon views the monitor while doing the surgery.
- Other small tools are inserted through the other cuts.
- Using these tools, the surgeon finds the nerves that control sweating in the problem area. These are cut, clipped, or destroyed.
- Your lung on this side is inflated.
- The cuts are closed with stitches (sutures).
- A small drainage tube may be left in your chest for a day or so.

After doing this procedure on one side of your body, the surgeon may do the same on the other side. The surgery takes about 1 to 3 hours.

Sweaty-Palms.com

Ribs



Effects of ETS Surgery

Cognitive impairment
Difficulty thinking clearly
Brain fog
Chronic pain
Muscular tightness
Shortening
Compensatory sweating
Depression
Regret
General discomfort

Home Remedies for Hyperhidrosis

Use the following;

Apple Cider Vinegar

Baking Soda

Sage

Witch Hazel

Aloe Vera Juice or Gel

Avoid chemically processed foods

If you experience some of these symptoms you're likely to have hyperhidrosis:

Wet and moist palms and soles of the feet

Visible sweating that drenches your clothes

Discoloration of the affected area

Maceration of the skin

Frequent foot odor

Your skin is cracking and scaling

Let's state and explain for a deeper understanding.

1. Avoid chemically processed foods

If your diet is based on processed foods, all of those chemical toxins and compounds manufacturers put in foods to make them taste better or preserve them, are going to trigger more sweating. If you're overweight, it compounds that problem. That includes all of those frozen, packaged, pre-made, ready-to-eat, deep-fried, and fast foods should be avoided. Instead, focus on whole foods that come from the earth.

2. Apple Cider Vinegar

Apple cider vinegar offers astringent properties that can help control sweating, and when taken internally, it also helps to balance pH levels in the body. It even works as an antiperspirant, forming a coat on the skin to ensure the pores stay closed.

To use it for sweaty underarms, thoroughly wash the affected area, and then dab a cotton ball into apple cider vinegar. Rub the cotton ball onto the area, and leave it on overnight. In the morning, rinse it off in the shower and then apply deodorant as usual. It's also a good idea to take it internally by adding two teaspoons of apple cider vinegar and a teaspoon of raw honey to a glass of water. Drink the mixture once each day, ideally on an empty stomach, to further combat excess sweating. If your feet are especially sweaty, you can make an apple cider vinegar foot soak by pouring a half cup of pure organic apple cider vinegar and 4 cups of water into a foot tub. Stir it well and then soak your feet in it for about 20 minutes. It's most effective if you do this every day.

3. Baking Soda

As baking soda is alkaline, it helps to balance out the acids in sweat that encourage bacteria to thrive. It basically lowers the pH level in areas of the body that commonly sweat, by counteracting those acids and acting as a natural deodorant by absorbing odors. In fact, baking soda is one of the most effective natural deodorants there is. Baking soda also has healing abilities that can treat skin infections, insect bites, and inflammation. It neutralizes strong and unwanted odors, which means as a deodorant, it eliminates harmful substances from the body while offering long-term protection as well.

To use it, simply combine a half-cup of cornstarch, a half-cup of baking soda, and 2 to 3 drops of lavender essential oil. Clean your underarms thoroughly, and then apply the mixture on them using a slightly damp cloth. Allow it to dry.

When you're in a hurry, you can simply put a little baking soda onto your underarms – it will help neutralize body odor and battle excess sweating.

5. Coconut Oil

Coconut oil is one of the most versatile foods there is. It can be used both internally and externally to supply a myriad of health benefits and address all sorts of health issues too. If you suffer from overall, generalized sweating, use it as a massage oil, rubbing it across your body. Or, you can simply massage it into areas that are affected, like under your arms and on your feet. While some are concerned about it staining clothes, provide you use only a small amount, and massage it well into your skin, you won't have a problem, and you'll enjoy a wonderful, light fragrance too.

For especially sweaty areas, you may want to combine it with camphor for extra anti-sweating power. Add about a half cup of crushed camphor to a cup of coconut oil, and stir well to make a paste. Apply the mixture onto sweat prone areas of the body, massaging it in well. Allow it to sit for about an hour, and then rinse it off.

You can also use coconut oil, combined with baking soda and other ingredients, to create your own homemade deodorant.

Ingredients:

- 3 tsp Pure Organic Coconut oil
- 2 tsp Shea Butter
- 3 tsp Baking soda
- 2 tsp Arrowroot powder
- 3 drops Pure Lavender essential oil

Instructions:

In a double boiler, melt the coconut oil and Shea butter over medium heat, just until melted. Or, if you don't have a double boiler, heat some water in a saucepan and then place the coconut oil and Shea butter into a lidded glass jar. Leave the jar in the hot water until both ingredients are thoroughly melted.

Remove from heat, and add the baking soda and arrowroot powder; mix well.

Add lavender essential oil, combine and store the mixture in a jar, or allow it to cool and then pour

6. Black Tea

Black tea contains tannic acid which offers both antiperspirant and astringing properties that can help control excessive sweating. Its astringent properties work to constrict the sweat glands that control the flow of sweat to the outer layer of the skin. While other teas can be used, as black tea has the highest level of tannic acid, it's the most effective.

To use black tea for excessive underarm sweating, you'll simply make a tea by placing 2 black tea bags into three cups of just-before-boiling-temperature water. Allow it to steep for 10 to 15 minutes. Dip a clean washcloth or cotton pad into the tea, and dab the tea onto the underarms.

You can also use this method for both palm and feet sweating by filling a small basin with 4 cups of hot water. Place 2 black tea bags into the water, allow it to steep for 10 minutes, and then soak either your palms or feet in the water for about 20 minutes when the water cools slightly. Repeat regularly for best results.

7. Sage

Sage has proven to be an outstanding remedy for curing excessive sweating, taken in either tea or pill form, as it offers multiple qualities that make it a very effective antiperspirant remedy. Sage is an antibacterial and antifungal that helps restrict the growth of bacteria that can lead to excess sweating, and sage leaves also contain tannic acid, which means like black tea, it helps constrict sweat glands and reduce perspiration.

There are a few ways you can use sage to address your problem:

Boil a tablespoon of **dried sage leaves** in one to two cups of water. Allow it to cool to room temperature, and then use the liquid to thoroughly clean the soles of your feet, the palms of your hands, your underarms and any other areas that tend to be excessively sweaty. Repeat two more times each day for best results.

You can also **drink sage tea** and enjoy the effects, though it's best done when used in combination with the first method. Make a sage tea by steeping one to two teaspoons of the dried herb in a cup of hot water for 5 to 7 minutes. Sip each night just before bedtime.

For foot sweating specifically, you can fill a foot tub with hot water, and add 2 teaspoons of dried sage. Allow it to steep until the water is at a comfortable, warm temperature and soak feet for 20 minutes at least once a day.

8. Witch Hazel

Obtained from the leaves and bark of the hazel shrub, native to North America, witch hazel contains many beneficial compounds, including tannins, catechins, gallic acid, and flavonoids, as well as essential oils like **carvacrol, hexanol, and eugenol, saponins and choline**. All of these come together to make a very potent sweat fighter, by shrinking the skin pores with its strong astringent properties. It's especially useful for facial sweating, which may be one of the reasons it's a common ingredient in aftershaves.

If you suffer from excessive facial sweating, use it by soaking a cotton ball in witch hazel, and applying a thin layer onto your face. Be careful not to apply too much, however, as it can dry out your skin. Use a similar method for other sweat prone areas like the feet and underarms by soaking a larger cotton pad or washcloth with some naturally preserved witch hazel, wringing out any excess and applying it to affected areas. You can leave it without rinsing, or allow it to be on the area for about 30 minutes and then rinse.

9. Aloe Vera Juice or Gel

Aloe vera offers a soothing, cooling effect on the skin and also helps to regulate excessive sweating caused by heat. It can also address issues like sunburn, age spots, fine lines, and rosacea. Simply dip a clean cloth into some aloe vera juice and apply it to affected areas, or dilute 100% natural, cold pressed aloe vera gel with water, and then apply.

Source: <http://www.naturallivingideas.com/excessive-sweating-remedies/>

Using Alternative Therapies Effectively

We do not know whether alternative therapies are effective in the treatment of hyperhidrosis. Please keep the following tips in mind:

- Talk to a healthcare professional about your excessive sweating.
- Be sure to consider the tried-and-true treatments and to talk to your doctor about them.
- Discuss any alternative therapies that you may be considering with your physician. Alternative therapies

can be powerful and so your doctor will want to discuss any potential contra-indications and to warn you about potential side effects.

- Tell your physician about any and all herbal supplements, vitamins, and over-the-counter and prescription

medicines that you may be taking. This is important because over-the-counter products, prescription

medicines, herbs, and supplements have the potential to interact with each other - sometimes dangerously.

Consider proven treatments such as antiperspirants, iontophoresis, and Botox injections as well as alternative therapies.

Excessive sweating is a serious medical condition that affects your loved one or colleague every day. Understand that it is uncontrollable and a person with hyperhidrosis often develops numerous compensating or defensive behaviors to hide his or her excessive sweating. These behaviors may include; Shying away from **handshakes, hugs, high-fives** or other **physical contact** and avoiding social situations. Many hyperhidrosis sufferers have experienced negative and cruel comments from other people because of their sweating. Such comments can be devastating, especially to children.

Ways You Can Help

Learn as much as you can about hyperhidrosis and its effects this will enable you to empathize with your loved one or co-worker and to better appreciate why he or she may act in certain ways, avoid some situations, and even choose particular jobs, clothes, and recreational activities.

Encourage your loved one or co-worker to talk to a medical professional about excessive sweating and to seek treatment for hyperhidrosis.

Support his or her quest for relief from excessive sweating. If appropriate, accompany him or her on doctor's visits to take notes and ask questions. If a particular treatment isn't working, encourage the person you care about to talk to his or her doctor about finding an alternative. Perseverance is key. Until we have educated all medical professionals in hyperhidrosis care, and increased public awareness, the challenge to care will exist.

Help your loved one or colleague to continue to discover news and advances in hyperhidrosis treatment by subscribing to websites or email alerts that deal with Hyperhidrosis research. To be more efficient in reaching out Society holds annual clinics where hyperhidrosis sufferers gather to share, inspire, and even receive free treatment.

Personal/Individual Hyperhidrosis Daily Hacks

Ensure you have 2-3 pair of handkerchief or a face towel to absorb the sweat especially if you take minutes or do a lot of writing place the facetowel on your writing pad as you jolt down to prevent sweat paddles from messing up the ink and paper. Use the handkerchief to dry your pams and do not forget to wash your hands when the sweat paddles increase.

For sweaty feet

In an office environment carry a towel and have it under your desk where you can rest your feet and dry them using the towel. Carry with you a pair of thick cotton socks to absorb the sweat as well as some antibacterial wet wipes to wipe your feet. For the ladies ensure you have two pairs of shoes official and sandals for walking around the office.

Axillary Sweating (Armpit Sweating)

Carry an antiperspirant some wet wipes or cotton wool. Use it to wipe the sweat off your armpits apply an antiperspirant allow it to dry to prevent it from staining your clothes. Ensure you have a pair of t-shirt/undershirt to change incase it the one you have soaks up with sweat stains.

Wear dark colored clothes if you experience axillary sweating. Go for light beathable fabrics preferably cotton. Dark colored fabrics tend to hide your sweat stains.

Invest in Hydroshirts

Made purposely for persons living with hyperhidrosis essential for those who struggle with axillary sweating. Made for excellence tha padding is comfortable and soaks up the sweat you can freely rock the different colors you love without worrying about sweat stains. They're available online for both sexes. (ThomsonTee).

Review your wardrobe

Review your wardrobe more often also ensure you have several pair of shoes rule is do not wear the same shoe have a different pair to allow the other to dry.

Practice good hygiene

Double on your fluid intake from water to tea

Join a gym (workout facility) to fight stress one of the HH triggers

Involve yourself in some recreational activities life doesn't have to be boring with hyperhidrosis

Join a support group that understands your condition and talk openly about it

Hyperhidrosis and Social Life

"I already know about that one cliché that if you don't like something about yourself you should change it, but treatment for this condition is difficult unless you did something more drastic (and potentially dangerous)."

Greatest Hyperhidrosis Stigma - Social Stigma.

From career change to quitting school/work persons living with hyperhidrosis most of them have been forced to work from home (self-employed). Imagine not being able to hold hands with the one you love, forget romantic gestures and the constant subconscious mind level ensuring your sweat paddles do not get in the way of your daily activities.

For school going children, pupils and students the constant bullying over a condition they are not aware off the harsh words and insults lashed out to them from those who have no knowledge of what they struggle with on daily basis same extends to work places.

To all those who are in a relationship/married to a person living with hyperhidrosis i salute you for you're a true hero to accept someone with their perfect imperfection.

FOCUSED ON SWEAT DEDICATED TO PROVIDING SOLUTIONS.

Why are sweaty hands
also very often so cold?
The answer is very simple.

Contrary to what many people think, excessive sweating is not a problem of poor blood circulation in the limbs. Cold hands are directly linked with excessive sweating. Fluids (including sweat) conduct temperature approximately 20 times faster than air. Once your hands are constantly soaked in sweat, they adapt to the ambient temperature 20 times faster than the hands of people who do not suffer from excessive sweating and thus have their hands dry. Notice that your hands are often very cold if the ambient temperature gets below approximately 37°C (i.e. the body temperature).

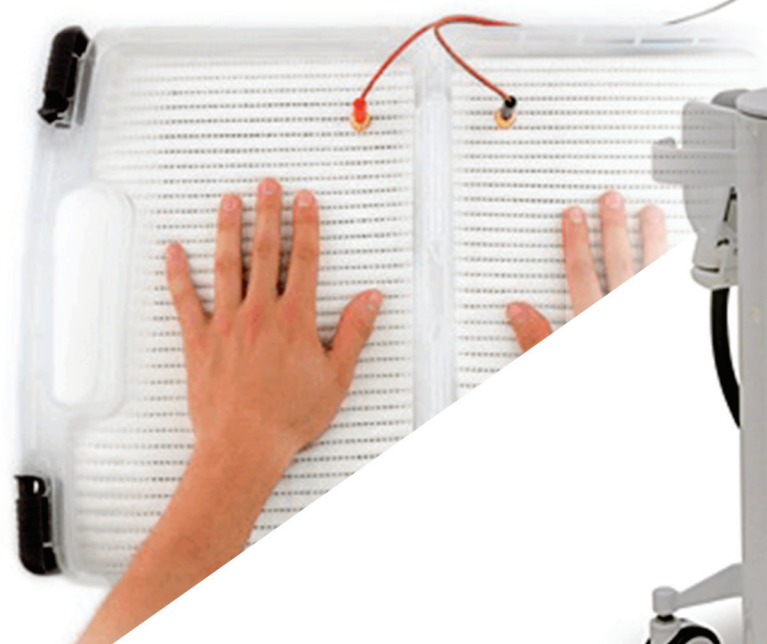
As soon as the temperature drops – which is for most of the year – you feel an uncomfortable chill in your hands. The solution cannot be any easier. Get rid of sweat and cold hands will no longer bother you as well. If you are more than familiar with the above symptoms and you wish to start controlling your sweating, together with your life, the new generation Electro Antiperspirant can help you both with excessive sweating of the palms and cold hands.

Excessive sweating of the back, abdomen, or chest is relatively rare forms of the disease, medically known as hyperhidrosis. One could say that such sweating can be easily camouflaged with clothes and that there is no need to worry. The opposite is quite true.

FOCUSED ON SWEAT DEDICATED TO PROVIDING SOLUTIONS.
Common Diseases/Conditions that can cause HYPERHIDROSIS

Acute Febrile Illness (e.g. infection)
Alcoholism
Diabetes Mellitus
Gout
Heart Failure
Hyperthyroidism
Lymphoma
Menopause
Obesity
Parkinson's disease
Pregnancy
Rheumatoid Arthritis

"The only person you should compare yourself to is the person you were yesterday."
Make your mess your message, use your struggles to uplift others for you are a sweat expert no one knows excessive sweating better than you.





CERTAIN DRI®



DRYSOL™



Driclor[®]

ANTIPERSPIRANT

Protects
against heavy
perspiration

Lasts
for days,
not hours

ROLL ON APPLICATOR

Driclor[®]

SOLUTION



ODABAN[®]

ANTIPERSPIRANT



carpe®

SEIZE THE MOMENT



**SWEAT
BLOCK[®]**

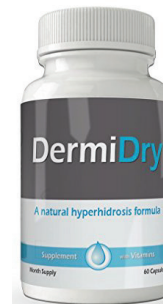


Maxim



other brands to explore

Based on your budget



NEAT® 3B



I AM
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Champion the Cause



RAISING AWARENESS & SOLUTIONS TO EXCESSIVE SWEATING

Don't just Sweat It learn to Live with It!

www.hyperhidrosisawarenesskenya.com