

How does hyperhidrosis affect people?

There are millions of people around the world that live with hyperhidrosis and it can be an isolating, chronic condition.

Some of the issues that people living with the condition face are:

- Impact on their ability to perform at work
- Difficulty meeting people and developing personal relationships
- Needing to change clothes multiple times a day
- Time and energy looking after personal hygiene



Hyperhidrosis can affect people physically, psychologically and emotionally. The exact cause of hyperhidrosis is not known.

Please speak to your doctor for more information on your condition.

For more information go to

www.excessivesweatinghelp.com.au

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Images are not of actual patients.

Excessive Sweating Hyperhidrosis



Why do we sweat & how is it controlled?

Sweating is the body's natural way of responding to heat and stress. It is controlled by the hypothalamus, which is a portion of the brain, whose job it is to maintain the body in a balanced functioning state. When a person is exposed to heat or encounters a stressful situation, the hypothalamus sends chemical messengers to the sweat glands in the skin, via nerves, to tell them to produce sweat. As the sweat evaporates, the skin cools and this helps keep the body at a normal temperature of approximately 37°C.

What is hyperhidrosis & why does it occur?

Hyperhidrosis is the medical term for excessive sweating. This medical condition occurs when overactive sweat glands release a volume of sweat that is significantly more than the body's normal requirements for cooling. There are two types of hyperhidrosis: one is called focal hyperhidrosis (sweating confined to a particular area) and the other is called generalised hyperhidrosis (sweating all over the body). Both of these conditions can be classified as being either primary (no known cause) or secondary (caused by either a medical condition or side effects of some medications).

Types of hyperhidrosis

Hyperhidrosis can affect the whole body or parts of the body. Parts of the body that can be affected are:



Under the arms (axillary)



Palms of the hands (palmar)



Soles of the feet (plantar)



Face and crown of the head (craniofacial)



Groin region (inguinal)

How do I know if I have hyperhidrosis?

Hyperhidrosis is usually diagnosed when a person has experienced at least six months of excessive sweating (with no known cause) and also has at least two other characteristics listed below:

- Daily activities are impaired
- Occurs at least once a week
- Age of onset (first experience) less than 25 years
- Family history of excessive sweating
- Excessive sweating does not happen during sleep

If two or more of these characteristics apply to you, you may have the medical condition known as hyperhidrosis. Speak to a healthcare professional such as a GP for further information on the condition.

What management is available for hyperhidrosis?

A number of options are available to help people with excessive sweating. This includes lifestyle changes, over the counter medication and prescription medication. Please speak with your doctor on the best options for you, and to rule out any other medical conditions or medication side effects.

