



## 51 Tips to Help with Excessive Sweating

### DEFINITIONS

This first set of tips will go over some of the definitions that are associated with excessive sweating.

#### 1. Hyperhidrosis

Excessive sweating is a condition known as hyperhidrosis. Many people suffer from hyperhidrosis, and there are lots of different forms of it.

#### 2. Primary Hyperhidrosis

The most common form of hyperhidrosis is Primary focal hyperhidrosis (PFHH). This is excessive sweating that is not caused by any kind of physical activity. PFHH most commonly affects the underarms, hands and feet.

#### 3. Secondary Hyperhidrosis

Secondary hyperhidrosis is where the body sweats everywhere. This is usually caused by long-term conditions such as illness or chronic infection. This type of hyperhidrosis does not respond very well to surgery.

#### 4. Locations

People with hyperhidrosis can have excessive sweating in specific parts of the body, including:

- Hands
- Feet
- Armpits
- Face
- Trunk
- Thighs

#### 5. Eccrine Sweat Glands

Eccrine sweat glands are distributed all across the body, especially in the feet, hands, and forehead. They are made up of ducts and secretory coils deep in the skin. Together, they create the sweat.

## 6. Apocrine Sweat Glands

Apocrine sweat glands also consists of ducts and secretory coils, but they're larger than eccrine glands. They are placed more specifically on the body, including:

- Underarms
- Around the belly button
- Ear canal
- Eyelids

## CAUSES

There are many causes of hyperhidrosis. This next set of tips will discuss many of them.

### 7. Medications

Oral medications such Robinul are sometimes used for hyperhidrosis. However, these medications haven't seen a lot of success because of the bad side-effects (mostly dry mouth and blurred vision).

### 8. Infections

Bacterial infections can cause hyperhidrosis. Here are some

Endocarditis  
Osteomyelitis  
Abscesses  
AIDS virus (HIV)

### 9. Cancers

Night sweats can be an early symptom of some cancers, namely lymphoma and leukemia. If you're worried that your sweating may be a sign of cancer, look for other symptoms, like unexplained weight loss and fevers.

### 10. Menopause

Many women going through menopause experience hot flashes. Some menopausal women are even awakened at night by soaking sweats followed by cold chills.

### 11. Hypoglycemia

Low blood sugar, or hypoglycemia, can sometimes cause sweating. Diabetics taking insulin or oral anti-diabetic medications may experience hypoglycemia at night that is accompanied by sweating.

### 12. Heart Attack

Sweating can be a symptom of a heart attack. Other symptoms include pressure, pain in your chest, pain in your shoulder, arm or back, and shortness of breath. Get immediate medical help if you experience these symptoms.

### 13. Fevers

There can be many reasons for a fever. But as your body temperature begins break, you often sweat profusely, which is your body's way of getting rid of the excess heat. This is normal; however repeated episodes of fever then sweating and chills can mean a serious infection or other illness.

### 14. Heredity

Sometimes hyperhidrosis is hereditary. Some people simply

inherit the tendency for excessive sweating, especially on their soles of their feet and their palms.

#### 15. Spicy Foods

Certain spicy foods can cause excessive sweating. If you're a fan of the spices, you may want to consider laying off for a while to see if it will help your hyperhidrosis.

#### 16. Overactive Thyroid

Sometimes the thyroid gland produces too much thyroxine. Along with sweating, this can cause:

- Weight loss
- An irregular heartbeat
- Nervousness
- Sensitivity to heat

#### 17. Tuberculosis

Tuberculosis is a chronic bacterial infection of the lungs. In 2002, TB affected more than 15,000 people in the United States. It can be fatal when untreated. Among its symptoms are a fever, a cough, and of course, night sweats.

#### 18. Caffeine

Caffeine is a stimulant that increases your metabolic rate. People who use caffeine experience increased alertness, blood pressure, and breathing rate. However, caffeine can also make many people feel jittery, and sometimes unable to sleep. Long-term use can lead to insomnia, nervousness, dehydration, fatigue, and excessive sweating.

#### 19. Alcohol

Alcohol acts as a depressant to the central nervous system. It causes sweating, and can mess with the temperature regulating mechanism in the brain.

#### 20. Withdrawals

When people quit taking certain drugs or alcohol, their body goes through withdrawals. Along with sweating, symptoms of withdrawal include:

- Shaking
- Anxiety
- Nausea
- Fever
- Hallucinations

#### 21. Idiopathic

Unfortunately there are cases of excessive sweating that just don't have a medical cause. Doctors call this idiopathic hyperhidrosis.

## COMPLICATIONS

There are several complications that are attributed to hyperhidrosis. This next set of tips will talk about some of these.

### 22. Athlete's Foot

Athlete's foot is when sweat and bacteria mix, and a fungal infection forms between your toes. This can make your skin to itch, burn and crack. Athlete's foot can also make your skin peel on the soles and sides of your feet.

### 23. Nail Infection

Fungal infections are common in people who sweat profusely. The most common place to get a fungal infection is under your toenail. Sometimes your nail may separate, and it may be red around the skin. You may also detect a slight odor.

### 24. Jock Itch

Jock itch is a fungal infection that causes itching or burning around your groin. For many people, this is accompanied by a red rash on their inner thighs and buttocks. Jock itch is contagious, so be careful who you share your towels with.

### 25. Warts

Hyperhidrosis can cause to bacterial infections, especially between your toes or around hair follicles. It can also lead to warts, which are skin growths caused by the human papillomavirus (HPV).

### 26. Heat Rash

Heat rash happens when the pores around your sweat glands become blocked. As a result, sweat becomes trapped under your skin, causing fine red spots or bumps that are on your upper back, chest or arms. This happens a lot to babies and young children.

### 27. Social Embarrassment

Unfortunately, excessive sweating can cause social and psychological consequences. People with hyperhidrosis usually have excessive sweating of the soles or palms, which can result in unpleasant foot odor.

## ANTIPERSPIRANTS

There are lots of different antiperspirants out there. This next set of tips will explain a bit what they are and what they do.

### 28. What They Do

Most antiperspirants use aluminum salt solutions. When you apply antiperspirant, the aluminum ions are drawn into the cells, and water passes in with them. Eventually, this makes the cells to swell, in turn, squeezing the ducts closed, and that sweat can't get out.

#### 29. Cancer Myth

A few years ago, there was a myth going around that said that antiperspirants may cause breast cancer. It's important to know that this is completely unsubstantiated. There is no scientific or medical evidence links antiperspirants to of breast cancer.

#### 30. Aluminum Chloride

Sometimes antiperperants not only have aluminum, but aluminum chloride hexahydrate. This is a stronger form of aluminum, and is very effective.

#### 31. Other Metallic Salts

Other metallic salts that work well in antiperspirants are:

- Zirconium
- Indium
- Vanadium

#### OTHER TREATMENTS

This next set of tips will discuss some other treatments that are available for treating hyperhidrosis.

#### 32. Aldehydes and Acids

Aldehydes and acids work by breaking down proteins, thus temporarily closing the sweat gland ducts. They are effective, but are very short lasting. A few examples are Formaldehyde and Glutaraldehyde.

#### 33. Other Topical Agents

Other topical agents have been used to treat hyperhidrosis. A few examples are:

- Boric acid
- Tannic acid
- Resorcinol permanganate
- Potassium permanganate

#### 34. Local Anesthetics

Sometimes local anesthetics are applied topically as a treatment for excessive sweating. They can block the nerve conduction and reduce sweating, but they are not highly effective. Also, you can develop hypersensitivity as you continue to use them.

### 35. Topical Anticholinergics

Anticholinergics have been used to treat hyperhidrosis. They are usually applied to the skin once or twice a day.

### 36. Water Iontophoresis

Water iontophoresis consists of placing the feet or hands into two water baths. Each bath is then filled with a current for 10-20 minutes per session. Generally, people do this 2-3 times per week. You can also get devices to do this at home.

### 37. Medication

There are a couple of different medications that help with hyperhidrosis. They include:

- Robinul
- Ditropan
- Probanthine

### 38. Alternative Medicine

Many patients seek alternative ways to treat their hyperhidrosis. These treatments include:

- Homoeopathy
- Massage
- Acupuncture
- Phytotherapeutic drugs

### 39. Botox

Many people have found relief from their excessive sweating by receiving Botox injections. This treatment basically shuts down the sweat glands, and has more than a 90% success rate.

### 40. Hypnosis

A few people have found success in using hypnosis for helping hyperhidrosis. This hasn't been very effective for most people, though.

### 41. Psychotherapy

Psychotherapy is another treatment that people sometimes seek out to help their excessive sweating. It doesn't see a lot of success with most patients; however, it can help with accepting and living with hyperhidrosis.

### 42. Acupuncture

Acupuncture, as mentioned earlier, is an alternative form of medicine that is used to treat many conditions. Many acupuncturists have specific treatments for people with hyperhidrosis, and have seen success.

## SURGERY

Sometimes, if other treatments don't work, surgery is required to remedy hyperhidrosis. This next set of tips will explain 3 surgeries that will help.

### 43. Sweat Gland Surgery

Sweat gland surgery has been the traditional approach for hyperhidrosis. It consists of removing all or part of the sweat gland. The surgeon may even perform liposuction in the area to cause less disruption to the skin, smaller scars and minimal hairs loss.

### 44. Endoscopic Thoracic Sympathectomy

Endoscopic Thoracic Sympathectomy is a minimal-invasive endoscopic technique. The operation consists in making a tiny incision in the armpit, and the surgeon identifies and severs the sympathetic nerve-nodes that cause the excessive sweating. This procedure cures nearly 100% of patients, and it only leaves a tiny scar.

### 45. Lumbar Sympathectomy

When you have excessive sweating in one specific area, especially your palms, lumbar sympathectomy may be an option. It's performed on your back, and it takes about an hour to perform. The success rate for this surgery is about 90%.

## THINGS TO DO AT HOME

This last set of tips will discuss some things that you can do at home to battle excess sweating.

### 46. Bathe Often

People with hyperhidrosis need to bathe or shower often, sometimes 2-3 times a day. After each bath, make sure and dry thoroughly before getting dressed.

### 47. Take Care of Your Feet

If your feet are the source of your sweating, there are several things that you can do to help. Here are some options:

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Wash and dry your feet daily.

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Use foot powders and/or sprays.

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Wear socks made of natural fibers, and



change them often.

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Wear shoes made of 100% leather.

#### 48. Airy Clothing

The type of clothing you wear can greatly help with excessive sweating. Light and easily breathable shirts and pants will reduce sweating and odor.

#### 49. Relaxation

If your excessive sweating comes from stress and nervousness, you may find relief through relaxation

techniques. These techniques can help with things like shyness and anxiety.

#### 50. Drink Water

If you have hyperhidrosis, it's very important to drink plenty of water. It can be very easy to dehydrate, so familiarize yourself with dehydration symptoms, so that you can act fast if you need to.

#### 51. Cautions

Very rarely, excessive sweating can be dangerous. Call your doctor if any of the following occur along with the sweating:

- Fever
- Weight loss
- Chest pain
- Shortness of breath
- Rapid pounding heartbeat

