

your environment – for instance, if you're used to training in hot weather, your body will sweat more and sooner during exercise because it's become effective at knowing when sweat needs to "kick in" and start cooling you down. If, however, you sweat excessively and uncontrollably (significantly more than what seems "normal" as a reaction to exercise or heat), you may actually have hyperhidrosis.

Myth: Night sweats are a "female" problem.

Truth: Night sweats can be serious and they aren't just something that affects menopausal women. According to Dr. Dee Anna Glaser, President and Founding Member of the International Hyperhidrosis Society as well as Professor and Vice Chairman of the Department of Dermatology at Saint Louis University School of Medicine, night sweats can be significant and shouldn't be disregarded – no matter your age or gender. Drenching night sweats, she says, or any changes in your pattern of sweating should be evaluated by a physician. Medical conditions with sweating symptoms can include serious infections, cancer, low blood sugar, hormone disorders (not simply the hormonal changes of menopause), and neurologic conditions. Medications may also cause night sweats. It's important to talk to your doctor about night sweating, especially if the night sweats are accompanied by a fever or other symptoms such as unexplained weight loss. Maybe menopause is the culprit, but certainly new night sweating should be discussed with your physician. One thing you don't need to worry about – hyperhidrosis (excessive sweating). The medical condition hyperhidrosis causes excessive sweating when awake, not asleep.

Myth: Excessive sweating is only a sweat problem.

Truth: Excessive sweating can contribute to a number of other problems way beyond the realm of wetness. Emotional problems such as depression, anxiety, embarrassment and isolation are common. Practical problems with gripping objects and using touch-screen technology are also a frequent issue. But did you ever consider the effects sweating could have on sunburns, wrinkles and skin cancer risk? If you sweat excessively – you'll need to reapply your sunscreen more often because, you got it, you're sweating it off and not getting its protective benefits for nearly as long.

Myth: People will grow out of hyperhidrosis.

Truth: Contrary to popular belief, research shows that hyperhidrosis does not go away or decrease with age. In fact, in one recent IHHS study, 88 percent of respondents said their excessive sweating had gotten worse or stayed the same over time. This was consistent across all the different age groups, from youngsters to older adults.

The extreme level of sweat production experienced with hyperhidrosis can disrupt all aspects of a woman's life, from workplace performance, relationships, recreational activities and self-image to overall emotional well-being. But it doesn't have to be this way. There are helpful resources available to help people with hyperhidrosis to not just "know sweat," but to also achieve a more comfortable, fruitful and happier life.



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