

Signs Excessive Sweating is Serious vs. Situational

As women go about their daily lives at work, home and in social circles, there's a common but hidden scourge: excessive sweating. In fact, a national survey conducted by the International Hyperhidrosis Society (IHhS)—the scholars of sweat—shows multiple millions suffer from extreme, uncomfortable, embarrassing, debilitating and emotionally devastating sweating. This type of sweating is a serious medical condition known as hyperhidrosis and nearly 367 million people of all ages struggle with it on their hands, feet, face, underarms or body.

Hyperhidrosis can be devastating. While many women attempt to hide their sweating problems and suffer in silence, the impacts are often hard to cover up. Dramatic sweating in the presence of peers at work, or in extracurricular or social environments, can cause severe embarrassment, stress, anxiety and other emotional issues. Even when women are alone, hyperhidrosis often takes a heavy toll—adversely impacting one's productivity in a myriad of ways, both personally and professionally.

Women with hyperhidrosis struggle with disproportionate and random sweating that may drench clothing and footwear, damage technology tools, make exercising and playing sports impossible, promote hiding and isolation behaviors, degrade self-esteem, and even prompt bullying at work and elsewhere. The holistic effect on life—workplace, marital, social and otherwise—is thus profound. In fact, research published in *Archives of Dermatological Research* indicates that the majority of those with excessive sweating confirm the condition has negative impacts on their social life and well-being as well as their emotional and mental health. Given its extreme impacts, some do seek medical attention. It seems women are more proactive in their attempts to medically rectify the issue amid a *Science Daily* report that “females are far more likely to discuss their [hyperhidrosis] condition with a health care professional.”

Lisa J Pieretti, Executive Director of IHhS, notes, “The pressures of dealing with a ‘sweating problem’ around peers can be catastrophic to self-esteem and more. Too often, people become anxious about going to work, socializing with friends, or being out in public in general. But when those with hyperhidrosis receive support, understanding and appropriate treatment, their lives can be dramatically changed.”

To that point, IHhS co-founder Dr. David Pariser urges that, while hyperhidrosis is the No. 1 dermatological disease in



terms of negatively affecting a person's quality-of-life, it's also No. 1 in having the most positive impact when treated. “When hyperhidrosis is caught early, a person's life can be transformed for the better in a multitude of ways,” he says.

With that in mind, the first step toward providing solutions for those women who sweat excessively is to bust some common myths and misconceptions with facts from the experts at the IHhS, including these:

Myth: Sweaty people are nervous or have hygiene issues.

Truth: The average person has 2 to 4 million sweat glands. Sweat is essential to human survival and serves as the body's coolant, protecting it from overheating. People with hyperhidrosis (which causes overactive sweat glands) sweat excessively regardless of mood, weather or activity level—often producing 4 or 5 times more sweat than is considered “normal.”

Myth: If you're sweating a lot during exercise, it means you're out of shape.

Truth: If you find yourself sweating a lot during exercise, don't blame it on being out of shape. Research shows that physically fit people actually sweat more and start sweating sooner during exercise than those who are less fit. Why? Because when you achieve greater physical fitness, you can exercise at a higher level, which generates more heat, which causes you to sweat more. Another factor is how acclimated you are to