



### **EXCESSIVE SWEATING “HYPERHYDROSIS”**

Sweating is a natural and important function to cool the body down under certain environmental conditions. Physiological sweating takes place all over the body and is not restricted to a certain area. This sweating stops as soon as the core temp of the body has come down.

However, some people sweat even when cooling down of the body is not necessary. They sweat excessively in only one or two areas of the body while the rest of their body remains dry. The condition usually involves the armpits or hands. The sweating is continuous and of copious amounts. This condition is called hyperhidrosis and affects about 3% of the population. The nervous system tells the body to sweat. People suffering from hyperhidrosis have an overactive nervous system that signals the body’s sweat glands to secrete sweat.

There is no underlying cause for hyperhidrosis. In about 50% of people with hyperhidrosis the condition is family related , indicating that it is congenital.

Hyperhidrosis can have a debilitating effect on the person who suffers from it. Clammy, sweat drenched hands can have an effect on relationships especially in young individuals and can have serious practical consequences causing a risk to slip on door knobs or hand rails.

With the injection of Botox in specified areas the overactive nervous system is blocked and sweating decreases or stops completely in the treated areas. The areas most commonly treated are the armpits and hands. The procedure, done in the consulting room, is relatively painless and has no downtime after treatment.

