What is hyperhidrosis?
A medical condition in which a person sweats too much. People with hyperhidrosis sweat excessively and unpredictably and may sweat even when the temperature is cool or when they are at rest.

Top 4 Reasons for Excessive Sweating
1. Stress
2. Hormones
3. Heat
4. Physical activity

The Science Behind It:
Nerves activate both the eccrine and apocrine glands, which can become over active due to a variety of stimuli.

Reasons for Excessive Sweating
- Water + salt + electrolytes + metabolic waste
- Stress
- Hormones
- Heat
- Physical activity

People with hyperhidrosis have overactive sweat glands and produce more sweat than is needed.

Dermatologists believe that many more children and adolescents have this condition than are medically diagnosed due to the lack of awareness and understanding.

Tips For Managing Hyperhidrosis
- Use a stronger antiperspirant
- Choose lightweight, breathable fabrics, such as cottons
- Skip the spicy foods & caffeinated beverages that can increase the amount of sweat you produce

DID YOU KNOW?
It's best to apply antiperspirant directly before bed when we perspire the least so the product can work more efficiently and effectively.

Consult a dermatologist to find out what type of hyperhidrosis you may have and what treatment is best for you.

Sources:
- http://www.certaindri.com/content/20-about-excessive-sweating

#DontSweatIt