

SWEAT 101:

Everything you need to know about sweat & hyperhidrosis

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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.

water
+
salt
+
electrolytes
+
metabolic waste

Top 4 Reasons for Excessive Sweating

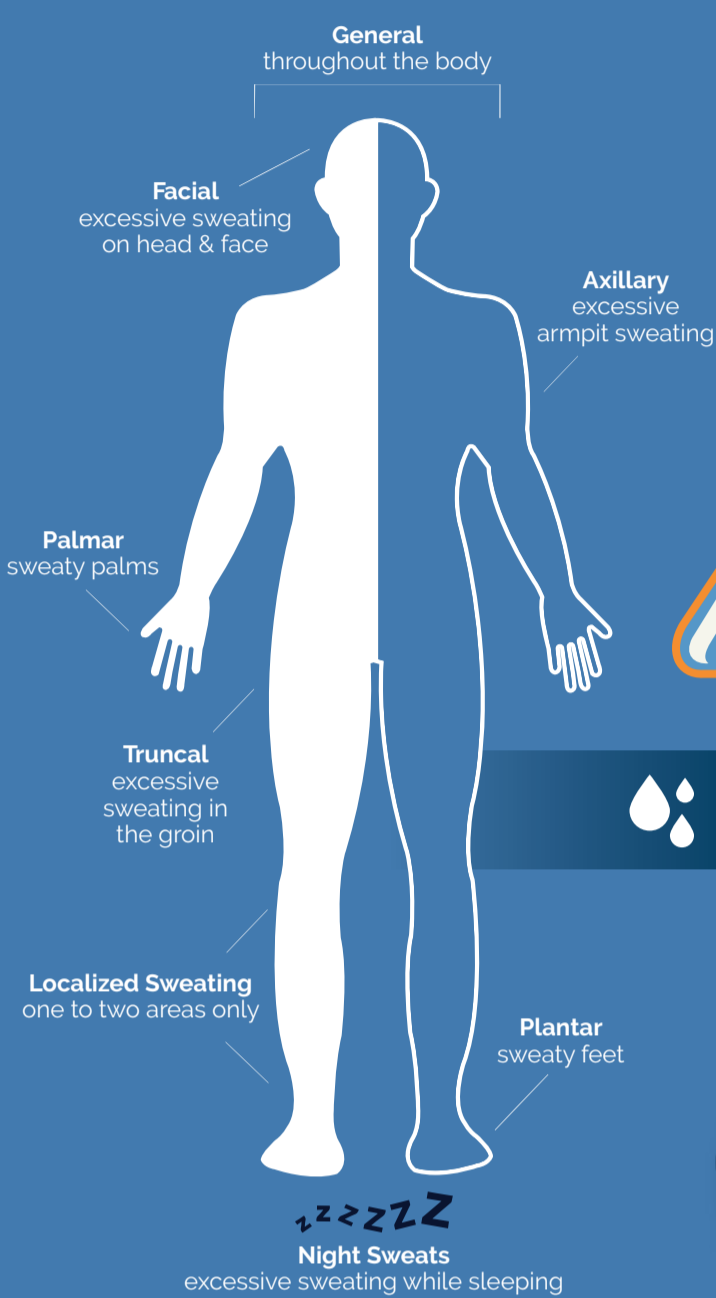
- 1 Stress
- 2 Hormones
- 3 Heat
- 4 Physical activity

The Science Behind It:

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



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



3%
of the world is affected by this condition.

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

People of all races get hyperhidrosis and the excessive sweating can begin at any age.



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.



#DontSweatIt

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>
<http://hyperhidrosisnetwork.com/types-of-hyperhidrosis/>
<https://www.aad.org/public/diseases/dry-sweaty-skin/hyperhidrosis>