

Hyperhidrosis

Hyperhidrosis is abnormal excessive sweating that's not necessarily related to heat or exercise. You may sweat so much that it soaks through your clothes or drips off your hands. Besides disrupting normal daily activities, this type of heavy sweating can cause social anxiety and embarrassment.

Hyperhidrosis is a common disorder which produces a lot of unhappiness. An estimated 2% - 3% of Americans suffer from excessive sweating of the underarms, the palms, and soles of the foot. Some common disorders associated with this disease are hyperthyroidism, pheochromocytoma, and hypoglycemia.

What Other Problems Can Occur With Hyperhidrosis:

Hyperhidrosis can occur on its own or in combination with other conditions. Severe cases can lead to infections such as tinea pedis, pitted keratolysis and other bacterial infections. The condition can be very distressing due to its impact on quality of life.

Oral Medications

* **Anticholinergics:** These are medications that block the neurotransmitter acetylcholine in the central and peripheral nervous system. The agent inhibits parasympathetic nerve impulses by selectively blocking the binding of the neurotransmitter acetylcholine to its receptor in nerve cells. Side effects of anticholinergic medications include: Dry mouth, and related dental problems, blurred vision, tendency toward overheating (hyperpyrexia) and in some cases, dementia – like symptoms.

Trihexyphenidyl is often given to children (40mg daily).

Ethopropazine is often given to adults (350mg daily).

* **Glycopyrrolate:** is used to reduce excessive drooling caused by medical conditions (such as cerebral palsy). This medication works by decreasing the amount of saliva you make. The side effects may include decreased sweating, dry mouth, constipation, mild dizziness, drowsiness, headache, loss of taste, and nervousness. Usually dosing is 1-2 mg once or twice daily.

* **Propantheline:** Is an antimuscarinic agent used for the treatment of excessive sweating, cramps or spasms of the stomach, intestines or bladder, and involuntary urination. The side effects of propantheline are: drowsiness, dizziness, headaches, vomiting, dry mouth, and sleeping problems. The usual dosing for propantheline is 15-30 mg four times a day.

Roll On's:

- Odaban Antiperspirant spray: Has 20% Aluminum Chloride
- Driclor Roll on: 20% Aluminum Chloride
- Certain DRI: Recommended to put on before sleep. Can purchase on Amazon for \$10.00
- Onox Foot Spray: Formula absorbs excess moisture and removes dead skin to impede the growth of athlete's foot and warts. This foot spray is formulated with, Zinc Chloride, and miscellaneous insert salts, you can purchase this product on Amazon for \$15.00
- Hydrosal Professional Antiperspirant 15% Aluminum Chloride.

Iontophoresis has been used to treat excessive sweating on the hands and feet since the 1940's. This treatment is no longer available as the price of the trays and device cost several thousand dollars.

Treatment Regimen:

Patients used to sit with both hands and feet, or one hand or one foot, immersed in shallow trays filled with tap water for a short period of time (15 to 40 minutes depending on the device) while the device sends a small electrical current through the water. The process was normally repeated three times per week until the desired results was achieved.

Botulinum Toxin Injections:

Treatment with botulinum toxin (Botox, Myobloc, Other) temporarily blocks the nerves that cause sweating. Your skin will be anesthetized first. Each foot will require several injections. The effects last 3-4 months, and then the treatments should be repeated. This treatment can be painful, and some people experience temporary muscle weakness in the treated area. The cost for botulinum is \$600 for each foot.