

## Hyperhidrosis

What is hyperhidrosis?

Localized hyperhidrosis is a common disorder of sweating. The cause is unknown. The sweat glands are entirely normal, but they have a heightened response to stimulus. Most commonly affected are underarms, palms, and soles. In severe cases, sweat literally runs down the trunk or drips from the hands and feet. It commonly begins at puberty or shortly after. It typically improves with age.

Hyperhidrosis treatment options

- Topical aluminum salts (i.e., over-the-counter antiperspirants and prescription "Drysol"). You can search for an over-the-counter aluminum solution online - try an Amazon search for 15-20% aluminum chloride solution. These topicals are usually done nightly at first and then one night per week. Main risk is irritation. (You can apply plain Vaseline around underarms at night before applying this medicine. Then in morning, you can use over-the-counter hydrocortisone 1% oint as needed for irritation.)
- Ionophoresis device ("Drionic") - sends current that can temporarily shut down sweat glands. This is done periodically similar to Drysol above.
- Oral anticholinergic drugs (i.e., glycopyrrolate/Robinul) - This is taken a few times per day and affects sweat glands of whole body. The main risk is dry eyes, dry mouth, constipation.
- Topical (i.e., pad/wipe) glycopyrronium or glycopyrrolate (only just becoming available in US - so expensive now)
- Botox injections

Less common treatment: surgical excision, transthoracic sympathectomy