

Hyperhidrosis

Hyperhidrosis is a condition where you sweat a lot at unusual times. For example, everyone sweats when it is hot, they are exercising, or feeling stressed. If you have hyperhidrosis, you will sweat outside these times too.

What are the signs?

Unusual sweating when you are not exercising or in a hot setting. This includes wet hands and feet from sweat and sweating frequently that it soaks through clothing.

What causes hyperhidrosis?

- Neurologic issues such as Parkinson's, a spinal cord injury, or stroke
- Endocrine issues like hyperthyroidism or diabetes
- Infections



What are my treatment options?

Over the Counter

- Antiperspirants with a low dose of metal salt
- Lotions and body deodorant

Home Remedies

- Combine 4 tea bags (black or green tea) with 4 cups of warm water and soak feet for 1/2 hour every day for one week

Prescription/Surgical

- Botox/Laser
- Pills



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