

From the Executive Director

As the spring sun moves higher in the Northern hemisphere sky, things are heating up both outside and inside the IHHS office. We've got a busy season ahead, full of educational opportunities and continued outreach to the millions around the globe who suffer with hyperhidrosis.

Take a look at the bevy of education and treatment opportunities available at our 2010 Spring CMEs; medical professionals and hyperhidrosis sufferers alike will benefit from this unique hands-on opportunity. Space is limited, so sign up today!

While it grows warmer outside, the IHHS will be hard at work this spring, cultivating our highly successful programs of education and outreach. We know that, as in the spring garden, this hard work will one day bear a bountiful harvest!

With Best Regards,
Lisa J. Pieretti, MBA
Executive Director

VIP Invitation to Oregon and Georgia Medical Professionals

The INTERNATIONAL HYPERHIDROSIS SOCIETY is personally inviting you to be among 10 local physicians--along with five to ten of your patients, or patients that we may refer to you--to participate in a hyperhidrosis hands-on treatment training session led by David M. Parisier, MD and Dee Anna Glaser, MD. If you are a physician licensed in Oregon or Georgia, you have the rare opportunity to participate in this incredible training.

Our intensive one-day CME seminars allow attendees to deepen their understanding of hyperhidrosis and optimize their techniques for treating it. The format of this event will be a morning seminar devoted to intense lecture and discussion of hyperhidrosis disease and patient management; and an afternoon session that will be dynamic, one-on-one training with local physicians and patients on the techniques of Botox injections for axillary and non-axillary hyperhidrosis, and demonstrations of performing iontophoresis. These sessions will be held Saturday April 10th at the Hotel Monaco Portland and Saturday June 5th at the Grand Hyatt Atlanta in Buckhead. These sessions even provide 6 AMA PRA category 1 credits from the Eastern Virginia Medical School.

Join us—space is extremely limited. Register on line at www.sweathelp.org and indicate whether you would like to attend as a “Physician Licensed in Oregon or Georgia (hands-on training)” or as a “Physician Attendee (observer)”. We’ll immediately follow-up with further information and confirmation.

If you're still not convinced to attend, here's something you should know: In a recent survey of hyperhidrosis sufferers, 85% said that they would probably or definitely ask their dermatologist for other treatments if he or she was able to successfully treat their hyperhidrosis.

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We have arranged for excellent accommodations and discounted rates. Contact the hotel directly and identify yourself as part of the IHHS group to get our group discounts and rates.

Participants will also earn “the gold star” next to their names in our Physician Finder database. This patient tool identifies healthcare providers from around the world who have had expert training in hyperhidrosis diagnosis and treatments.

Act quickly; these sessions fill up fast and the slots for hands-on injector/trainees are extremely limited.

Final Weeks for Portland CME Registration

IHHS Board Member and current American Academy of Dermatology President David M. Pariser, MD sums up the treatment of patients with excessive sweating best: “Treating hyperhidrosis leads to greater improvement of a patient’s quality of life than treatment of any other dermatologic disorder.”

With his words in mind, it’s inspiring to observe medical professionals teaching, learning, and perfecting their skills at these seminars, readying their practices to provide their patients with the best available hyperhidrosis care.

It’s still possible to attend our 2010 CME session in Portland or Atlanta on April 10th and June 5th, respectively at Hotel Monaco Portland or Grand Hyatt Atlanta in Buckhead. Deadline for registration for the Portland session is March 31. The cost of registration is \$165. Medical professionals who aren’t MDs are invited to attend the all-day seminar at NO CHARGE.

This event will feature intensive physician training with the world leaders in hyperhidrosis management. A lecture and discussion program in the morning will

focus on understanding, diagnosis, and treatment of hyperhidrosis. In the afternoon, the latest treatment techniques—including iontophoresis--will be demonstrated, with special attention given to the effective use of Botox injections for a variety of body areas.

Executive Director of the IHHS Lisa J. Pieretti says that these seminars offer a different kind of training, that can’t be attained anywhere else. “The key element of our injection training is that attendees have the chance to see treatments of all areas afflicted with primary focal hyperhidrosis.”

“We start with axillary treatments, just to get warmed up, then we move on throughout the afternoon to treat palmar, craniofacial, submammary, and groin. These are key areas of excessive sweating that physicians and their staffs are hungry to learn how to treat. It’s a way of applying a proven treatment to new areas.”



Dr. Glaser underscored the value of this training this year:

“It is terrific to watch the progression of the ‘trainees’ as they refine their skills from the first part of the live-patient portion to the end of the day. You can see their confidence grow as they practice their techniques.”

Botox injections are most effective when performed by a physician who has received special training and who has experience with the procedure. There aren’t nearly enough qualified medical professionals to serve this population’s needs.

Feedback from past CME sessions indicates that doctors and healthcare professionals will be incorporating new ways of caring for their hyperhidrosis patients into their practices. Many said it would help them improve patient education and that they had attained a new comfort in performing Botox injections in more areas afflicted with hyperhidrosis. Many also said that they would be buying and using iontophoresis machines.

Most also said that they anticipated improved patient outcomes and more patients seeking treatment.

Doctors who attend this session earn a full 6 hours of CME/CE credits. Healthcare providers will also have a gold star next to their name in our Physician Finder database. This star indicates to patients that you are up-to-date and most qualified to treat excessive sweating.

Make a weekend of it! To make reservations, contact the hotels directly and be sure to mention that you’re with the International Hyperhidrosis Society to receive our special rate.

The current sluggish economy makes the fate of next year’s CMEs uncertain, so we encourage those who can attend this year’s event to contact us today. What you learn today, could change a life tomorrow. ●

Got Sweat? Registration Now Open for Treatment Volunteers!

We invite excessive sweating sufferers to volunteer for our upcoming physician education seminar. If you have hyperhidrosis and live in or near Portland, OR or Atlanta, GA--or are determined to travel there to participate--we invite you to receive FREE Botox treatment for your excessive sweating from physicians who are fine-tuning their injection skills under the tutelage and supervision of world-renowned expert physicians in the field.

Our own hyperhidrosis superstars, David M. Pariser, MD and Dee Anna Glaser, MD will be conducting the training at both events. Patient volunteers will be able to meet these giants in the field, receive free Botox injections and watch live iontophoresis demonstrations. Injectors will not be limited to administering axillary treatments; treatment areas need only be relatively small (about the size of a hand) and your sweating cannot be the side effect of medication or a symptom of an underlying condition. If you don’t know, don’t worry. Your physician will determine if you are eligible.

The Portland seminar will be held on Saturday, April 10th at Hotel Monaco in Portland, OR; and the Atlanta seminar will be held on Saturday, June 5th at Grand Hyatt Atlanta in Buckhead. We’ve negotiated some incredible room rates, so if your budget and

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David M. Pariser



Dee Anna Glaser

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schedule allow, plan on staying for the weekend; pamper yourself with some extra time and enjoy this life-changing event. For accommodations, contact Hotel Monaco Portland at 800.711.2971 or the Grand Hyatt Atlanta in Buckhead at 404.237.1234. Be sure to mention that you're with the International Hyperhidrosis Society Group to ensure that you get our special rates and parking.

To participate, you must be evaluated and determined to be eligible IN ADVANCE. This evaluation starts by contacting the registered physician trainees as noted in the list below. You will need to see them for an office visit so they can evaluate your condition. If you are accepted, you will need to complete a few forms, which the doctor's office will fax to us. Then, we'll contact you with the details of the big day!

Here are the physicians (so far) for the Portland event on 10 April 2010:

Maeran Landers, MD

19255 SW 65th Ave
Suite 260
Tualatin, OR 97239
T: 503.692.9525

Jessica Mehta, MD

18040 SW Lwr Boones Ferry Road
Suite 100
Tigard, OR 97224
T: 503.216.0700
* Ask for Miranda or Amanda

Barbara Resnick, MD

2250 NW Flanders
#205
Portland, OR 97210
T: 503.223.3104
*Ask for Marjorie

Phoebe Rich, MD

2565 NW Lovejoy
Suite 200
Portland, OR 97210
T: 503.226.3376 x 19
*Ask for Blair

Gary E. Stanford, MD

387 North Fifth Street
Woodburn, Oregon 97071
T: 503.982.3781

Here are the physicians (so far) for the Atlanta event on 5 June 2010:

**Asim Kidwai, MD and
Shauna Kincheloe-Zaren, MD**

1107 East 66th Street
Savannah, GA 31404
T: 912.350.8404
*Ask for Melissa

Another option is to enlighten your favorite dermatologist--or other relevant medical professional--about this amazing opportunity. Take the journey to outstanding sweat management together. Let them know that they could be only a day's training away from perfecting their Botox injection technique and optimizing their office's management of their hyperhidrosis patients.

Botox injections are an efficient and effective way to manage excessive sweating. Results can last from 6 to 16 months for the underarms! But we have learned that this is most effective when performed by a physician who has received special training and who has experience with the procedure.

As effective as Botox is for managing excessive sweating, without insurance coverage, treatments can be expensive. That's why, in this dreary economic

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climate, an opportunity for free Botox treatment under the direction of two of the foremost professionals in the field is nearly as good as striking gold! Plus, by volunteering, you'll be playing a valuable role in helping to improve the quality and range of skills of the healthcare providers in your community.

Here are a few patient comments from last year's training seminars:

Amanda, whose axillary hyperhidrosis was treated with Botox said: "The results were instant, and I still can't believe there is something that works against this condition. I can finally wear form-fitting shirts, and I look ten pounds thinner now! I could go on and on, but nothing I can write will express how happy, relieved, and excited I am to know I will not have to live my life in embarrassment anymore."

Eddie, who has palmar hyperhidrosis that was treated with Botox said: "I have suffered with hyperhidrosis my whole life and have tried all the different remedies, including taking oral medications. Nothing in the past has worked for me until now. For the first time in my life I am able to shake hands without feeling embarrassed. Thank you for making me feel normal."

If you're one of the millions with excessive sweating who don't live near either of our seminar venues, you can still locate top-rate doctors to treat your hyperhidrosis. Go to our Physician Finder database. Doctors who attended this or any other IHHS educational training have a gold star next to their name, indicating that they are up-to-date on the latest hyperhidrosis treatment methods.

Or consider a weekend getaway to either of these fine destinations. With the money you save on your free Botox injections and your discounted hotel room, it's a downright thrifty, highly effective, and enjoyable way to manage your excessive sweating. ●

Victory! Hyperhidrosis Recognized as Legitimate Skin Disease by Major Health Organizations

After years of seeking legitimacy as a bonafide skin disease affecting 178 million people worldwide, hyperhidrosis has been recognized as such by the National Organization for Rare Disorders (NORD) and the Coalition of Skin Diseases (CSD).

"The real victory here is for the millions of men, women and children who are afflicted with this disease," said David Pariser, President of the American Academy of Dermatology and founding board member of the International Hyperhidrosis Society (IHHS). "For so long, they have suffered in isolation and shame from a condition not understood by the public and even members of the medical community. Today, I join them in taking this thrilling next step in our steady climb towards global awareness and education."

As the leading authority on hyperhidrosis, IHHS has put substantial medical muscle behind its website, www.SweatHelp.org. The site provides information and hope to affected individuals and families looking for answers on dealing with this debilitating condition – which may be covered by insurance. The site's Physician Finder database helps individuals locate IHHS-trained doctors worldwide.

Hyperhidrosis is a treatable medical condition that results in sweating that exceeds the normal amount required to maintain consistent body temperature – up to five times the average volume. (The age of onset can be as young as infancy and usually by early-to-mid teens). This excessive sweating occurs regardless of environmental surroundings – people with hyperhidrosis sweat profusely nearly all day, every day. Primary hyperhidrosis can affect one or more body areas, most often the palms, armpits, soles of the feet or face and

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sometimes the groin and under the breasts in men and women. Secondary hyperhidrosis, however, is generalized, typically involving the whole body and caused by an underlying condition like diabetes or medication like some popular anti-depressants.

“IHHS now has the added strength of tremendous partners in advocacy by joining the NORD and CSD communities. Their commitment to increased awareness, research and education mirrors our own,” said IHHS Executive Director Lisa Pieretti.

The National Organization for Rare Disorders is a unique non-profit federation of voluntary health organizations dedicated to helping people with rare ‘orphan’ diseases. This voluntary health agency is committed to the identification, treatment, and cure of rare disorders through programs of education, advocacy, research and service. For more information, visit their website at www.rarediseases.org.

The Coalition of Skin Diseases consists of several organizations that represent patients suffering from some of the 3,000 known types of skin disease. The groups share a common mission of educating patients, advocacy and supporting skin disease research that will lead to new treatments and cures.

The International Hyperhidrosis Society is committed to reducing the symptoms, anxiety and social stigma associated with excessive sweating by offering education, support and medical resources to an estimated 176 million affected children, teens and adults worldwide. You can be part of the IHHS by subscribing to our newsletter, participating in research, attending educational sessions, and donating to our organization. ●

About us

The International Hyperhidrosis Society is the only non-profit organization that strives to improve the quality of life of those affected by excessive sweating. The International Hyperhidrosis Society knows no boundaries; it is composed of people from all over the world, making it a true global network of support, resources and understanding. It is our mission to promote hyperhidrosis research, educate physicians in optimal diagnosis and care, raise awareness about the condition’s emotional and economic impacts, and advocate for patient access to effective treatments. As part of our mission, we continuously build programs that connect those who suffer from hyperhidrosis with those who provide care, while increasing public understanding of this debilitating medical condition.

The International Hyperhidrosis Society’s Board of Directors is composed of an elite team of physicians who are leaders in hyperhidrosis research. These physicians have come together for the sake of improving the lives of those affected by excessive sweating. They are experts in the field of hyperhidrosis and leaders in efforts to better understand the condition, its ramifications, and its treatments.