

From the Executive Director

Our ultimate aspiration for the future of hyperhidrosis care is a world where hyperhidrosis is widely known for what it is: a real and truly devastating medical condition that has a variety of effective treatments. While it's important and necessary to keep our vision aimed toward the future, it's also rewarding to sit back and see the progress that's already occurred; in many areas of hyperhidrosis care, the future is now.

In this edition of SweatSolutions, we have a number of stories that illustrate expanding developments in hyperhidrosis care...like the opening of a first-of-its-kind pediatric hyperhidrosis clinic in Milwaukee; or the increasing presence of physician assistants in dermatology practices and its effect on patient care.

Improvements in hyperhidrosis care advance a little bit every day. With the help of our website and our other educational resources, the IHHS is continuously working to ensure that the millions affected by excessive sweating have a future that's as sunny as a clear spring day.

Lisa J. Pieretti
Executive Director
International Hyperhidrosis Society
LJP@SweatHelp.org

May/June 2010 Edition

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New Pediatric Hyperhidrosis Clinic First of Its Kind

In the realm of medical care, the most compassionate doctors are frequently the ones who know first-hand the experience of living with the disease they are treating.

This most certainly is the case with Samantha Hill, MD. Dr. Hill, who recently started the new Pediatric Hyperhidrosis clinic at The Children's Hospital of Wisconsin in Milwaukee, is uniquely qualified to treat pediatric patients with excessive sweating because, as a teen, she too experienced the isolation and esteem-crushing effects of hyperhidrosis.

To say this is ground-breaking would be an understatement: The number of clinics dedicated to treating hyperhidrosis is practically nonexistent. And to have one that is dedicated to children and teens --the most in-need segment of the hyperhidrosis population--is another sign that the treatment and understanding of hyperhidrosis is improving.

The clinic opened its doors to patients in February 2010; on July 1 of this year, the clinic will move to the Milwaukee suburb of New Berlin. The clinic is currently conducted on the first and third Thursday of every month, but availability can increase in frequency, depending on demand and need.

Given her dedication, it's not surprising that Dr. Hill had an interest in the study of dermatology from a young age. "It's the reason I went to medical school," she says. She studied medicine at Medical College of Wisconsin and, during her medical school

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rotations, she developed an interest in pediatrics and ultimately completed residencies in both pediatrics and in dermatology. She will finish a Pediatric Dermatology fellowship in June.

Dr. Hill credits Dee Anna Glaser, MD--IHHS founding board member as well as an American Academy of Dermatology board member--for fueling her interest by mentoring her when they worked together at St. Louis University.

“I became interested in treating hyperhidrosis because, like many of my patients, it was something I began to have a problem with when I was in junior high school,” she explains. “Having experienced the feeling of isolation and social embarrassment, I felt compelled to do my best to help fix it for other people.”

When asked if she ever shares this secret with her patients, Dr. Hill replies, “almost always, especially the teenagers. It lets patients know that people they may never suspect also suffer with the same issues. My hope is that it helps them feel less isolated and more secure knowing that they are being treated by someone who knows exactly what they’re going through.”

She continues the thought, adding, “This isolation has a most profound effect on kids and teens living with hyperhidrosis. Growing up within the confinement of this socially ostracizing disease is detrimental to a child’s development and sense of self. We have to

change that dynamic.”

Regarding the future of the pediatric hyperhidrosis population, Dr. Hill sees positives ahead. “I think that, as is generally the case with pediatric medicine, as therapies improve for adults, those benefits filter through to the pediatric patients. The pediatric dermatology community is trying hard to increase our numbers so that there will be more of us available to treat these patients in the future.”

Dr. Hill’s initiative and pioneering spirit are innovating hyperhidrosis care; she is an incredible asset to her patients and to the pediatric hyperhidrosis community. Those attending our highly regarded hyperhidrosis live-patient medical education seminar in Atlanta on June 5, 2010, will have an opportunity to meet and/or work with Dr. Hill.

Want to learn more about hyperhidrosis in children and teens? Take a look at our recent newsletter article; and definitely visit the Teen section on the IHHS website. This

section is dedicated to improving the lives of kids who silently, and often solely, bear the burden of living with excessive sweating. Take advantage of the Know Sweat Now book, available free-of-charge from www.SweatHelp.org. If you find the information useful, consider making a donation; large or small, our member contributions help us to continue offering support to the ones who need it most.

And for all our readers who are fortunate enough to live in the Milwaukee metropolitan region, take

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advantage of Dr. Samantha Hill's rare and unique pediatric hyperhidrosis clinic. Appointments are currently being booked for July and August. ●

ter dread of being obliged to appear in a public social situation with sweat stains covering their clothing. Here are a couple of real-life examples:

Summer's Here... We've Got Sweatin' on our Minds

Many of us look forward to the summer months: balmy breezes and a more relaxed state of mind. The IHHS knows that the warmer months are not typically so welcomed by hyperhidrosis sufferers. This season of weddings, graduations, barbeques and bathing suits is not particularly compatible with excessive sweating.

Fear not! You can be more confident at those summer events. Hot weather is a great time to address the overwhelming effects of living with hyperhidrosis. The layers of clothing that many use to mask sweat stains are not so comfortable when the temperature rises; those cute sandals you'd love to wear to your friend's baby shower: out of the question.

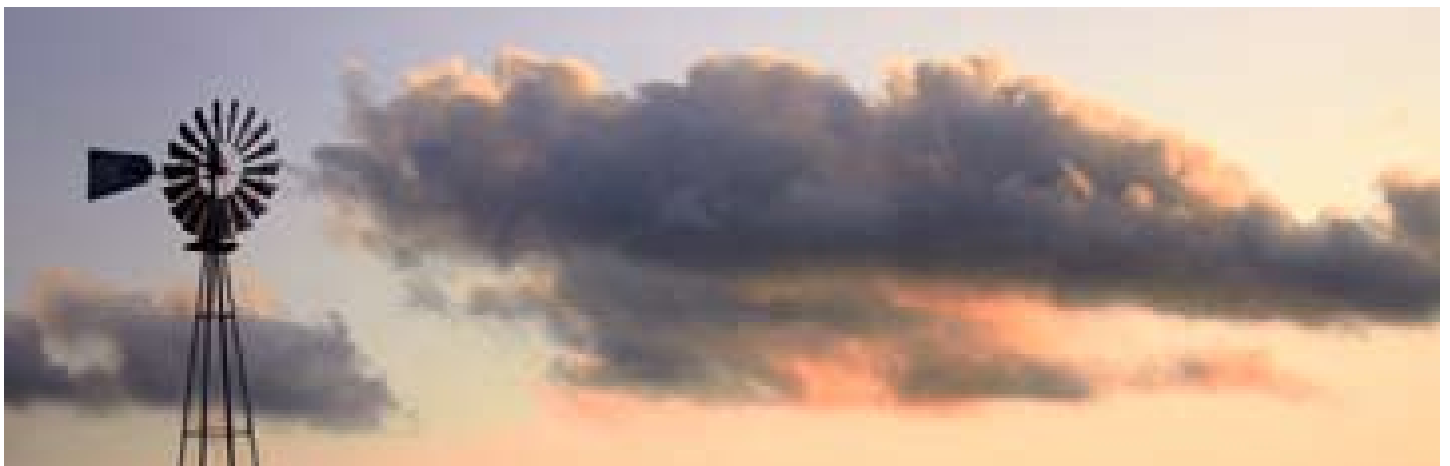
So many people with excessive sweating live in ut-

Therese was getting married in a few months; among the many concerns she had regarding the big day, one in particular stood out: What was she going to do about her excessively sweaty hands and feet?

This bride-to-be had suffered with her condition for many years and, despite looking throughout that time, she never found an adequate solution. "It took forever and a half for my doctors to realize it was a problem," she says. **"Like most people with hyperhidrosis, my condition was taken for craziness, absurdity, or a temporary "thing."** No one wanted to believe me and, for a while, I thought I was crazy; even though my father and my sister have the same condition."

Luckily, Therese found the IHHS and the outlook began to improve. She attended one of our stellar live-patient CMEs and was able to get Botox injections to combat her sweaty hands. (A side benefit of getting

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Botox injections in the hands is that it often results in drier feet too. This dryness occurred in Therese's case.) The results were life-changing and she was able to get treatment before her wedding day.

"It had gotten to where I could feel the sweat dripping from my fingers or down my arms from my hands, but on our wedding day, while standing before of our family and friends, I only pulled my hands away to wipe the tears out of my eyes instead of pulling them away to wipe my sweaty hands."

Andre faced a similar situation. Since his early 20s, Andre had experienced severe underarm sweating. "From 8:30 in the morning until bedtime I was sweating. I tried every kind of deodorant and antiperspirant out there, nothing came close to helping me stop it." He became accustomed to taking three shirts with him wherever he went. Forget about ever taking off his jacket.

Unfortunately, Andre didn't know that his hyperhidrosis was a treatable medical condition prior to being asked to be in a good friend's wedding, Andre was filled with anxiety but had to say yes to the request. How did he handle the wedding ceremony? "I had to buy two tuxedos to make it through the event."

Andre did eventually discover that his hyperhidrosis was a real medical condition and that treatment was available. He used one of the doctors in our Physician Finder database—Dr. Anthony Benedetto—to get an evaluation and has been using Botox injections to manage his excessive sweating ever since. "I can't say it enough," he says with emphasis, "this has changed my life."

The burdens of living with hyperhidrosis are manifold. The overwhelming lack of confidence and self esteem, the expense, the life limitations....If you are living this life (or you know someone who is), take control today. Read up on all the treatment options and find a dermatologist near you in our Physician Finder database. Remember, all medical professionals in the database with a gold star by their name have received specialized training in the art of hyperhidrosis management. ●

Now go ahead--get out there and revel in those warm summer breezes!!

Hyperhidrosis Teaching Seminars Benefit Patients Most

This spring at the IHHS, we rolled up our sleeves and started getting down to the real business of treating patients who have hyperhidrosis. This is our third consecutive year of offering state-of-the-art training to doctors, physician assistants and other medical professionals. This teaching and training seminar, also known as, "Advanced Approach to Hyperhidrosis Diagnosis, Treatment, and Practice Integration," provides a superior learning experience because live-patient treatment is incorporated in the instruction.

In April, we took our show on the road, and headed to Portland, Oregon for the first of our one-day teaching and training seminars. Once again, our distinguished and world-renowned faculty—including David Pariser, MD, Dee Anna Glaser, MD, Kelley Pagliai Redbord, MD and Daniel A. Carrasco, MD—

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delivered a top-rate learning experience, leaving the medical professionals, the patient volunteers, and the attendees feeling eager and confident about managing the symptoms of hyperhidrosis.

The Portland session was a complete sell out, attracting an array of medical professionals and patient volunteers. Lisa Pieretti, Executive Director of the IHHS, was impressed with the session turn-out and was excited about what was achieved. "It was an amazing session. We were able to provide treatment for a diverse group of hyperhidrosis patients—from underarms, hands, feet, face, groin, you name it, we covered it today. This comprehensive treating and teaching style allows us to demonstrate the full range of treatment protocols—we even treated some post-ETS folks suffering from compensatory sweating (although since they sweat all over, they had to prioritize the area they wanted treated)."

Our second stop this year will be taking us to Atlanta on June 5, 2010 at the Grand Hyatt Atlanta in Buckhead. This session is sold out, so we encourage IHHS members to keep a look out for the announcement of next year's teaching and training seminars. While we never know for certain if the funding will be there for these live-patient events, we do nonetheless recognize that they are among the most valuable services that the IHHS offers.

You can help us keep fighting the good fight: Consider a donation to the IHHS; a little or a lot, member donations DO make a difference in our ongoing battle to overcome the limitations of hyperhidrosis.

IHHS members who have attended one of our educational events: Consider sending the IHHS a letter

addressing the importance of sponsoring these seminars. We can let the people at Allergan, the makers of Botox, know that their sponsorship is a crucial way of providing education to doctors and medical professionals who treat this large, underserved segment of the population. We'll bundle them up and send them on. ●

Off to Atlanta!

Physician Assistants Becoming Integral To Hyperhidrosis Care

If you go the doctor's office with any regularity, you've likely encountered a Physician Assistant (PA) on one of your visits. PAs have been around since the 1960s and

I are found in almost every medical specialty, from family medicine to general surgery to dermatology.

PAs are highly trained, licensed healthcare professionals who treat and diagnose patients, perform various medical procedures and act as a liaison with all members of the healthcare team, including the insurance companies. PAs always work under the supervision of a partnering doctor.

Amongst the many changes occurring in US healthcare today, PA positions are a positive and fast-growing trend. Today PAs handle much of the day-to-day workload in a medical practice, allowing their partnering physicians to concentrate on more complicated cases while still being available for consultation.

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PAs abound in dermatological practices and within the hyperhidrosis community we have a first-rate example of how PAs are positively affecting the delivery of healthcare to patients with excessive sweating.

Larissa Franchuk has worked as a PA for nearly six years in the offices of world-renowned dermatologist and IHHS's founding board member, David Pariser, MD, at Pariser Dermatology. She is one of four PAs in the practice and works with several physicians in three different office locations. The practice has five offices that service the entire Hampton Roads, Virginia area.

Her list of duties is diverse and integral to the delivery of excellent dermatological patient care.

"I diagnose, treat and manage a patient's care in partnership with my supervising physician. I also perform many minor procedures, including injection of Botox for hyperhidrosis and cosmetic use, injection of cosmetic fillers, biopsies and other minor surgical excisions."

(On a special note, Larissa recently published a review article in the Journal of Dermatology for Physician Assistants, which is the journal of the Society of Dermatology Physician Assistants. Her review article concerns a study we've covered in this newsletter: "Hyperhidrosis increases the risk of cutaneous infection: a case control study of 387 pa-

tients.")

As many in the hyperhidrosis community know or have experienced, the path from discovery (that it's a treatable medical condition) to treatment is usually not a direct one. Obtaining hyperhidrosis care is often a challenge. One area of care that is persistently difficult to work through is



Larissa Franchuk

obtaining insurance coverage. Franchuk's ability to help her patients in obtaining coverage is an excellent example of the crucial role PAs are playing in hyperhidrosis care.

"Effective treatment for most of our hyperhidrosis patients requires Botox injections. This is a procedure that is not reimbursed at a high rate. Additionally, it can take many man-hours to get these patients through the insurance approval process. If you then add the time it can take to perform the procedure on the

patient, the cost/benefit ratio for the practice may be small. If a practice has a PA that can perform the procedure, it can become much more cost effective," she explains.

Franchuk is dedicated to her patients, and works hard to ensure that those with hyperhidrosis find relief from their condition. "I feel that this is such an important service to offer these patients; they often come in desperate for help. Most have suffered years of embarrassment over their condition. We have the opportunity to truly make a large, positive impact on their lives.

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I can honestly say that these are some of the most grateful patients in our practice.”

These rewarding reflections are held by many who treat patients with excessive sweating. Dr. Pariser has said it best, “Treating hyperhidrosis leads to greater improvement of a patient’s quality of life than treatment of any other dermatologic disorder.” ●

The IHHS is watching and working diligently to ensure that hyperhidrosis sufferers are not forgotten during this significant period of change in US healthcare system. Our community is fortunate to have our dermatological PAs on the front line of patient care fulfilling their first and foremost role: delivering the best care to their hyperhidrosis patients.



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.