



From the Executive Director

As another year draws to a close at the International Hyperhidrosis Society (IHHS), we feel good about everything we've accomplished. We've continued to increase awareness about excessive sweating; we've helped children and parents understand the treatments that are available and the importance of getting treatment early in a child's life; we've enabled teenagers to sort out what's normal sweating and what's excessive; and we've witnessed a multitude of healthcare providers learning the best techniques for treating their hyperhidrosis patients.

Now, we prepare to do it all again, but we always want to do it better and we know you can help. Your involvement with the hyperhidrosis community ensures that we can continue to offer guidance to sufferers both in your own home and around the world. Check out all the opportunities to help the IHHS in this last 2010 SweatSolutions edition. And then stay tuned for all the breaking trends in hyperhidrosis care that are to come in 2011.

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

Sept/Oct 2010 Edition

- Antiperspirants: Keystone of Hyperhidrosis Care -1
- Know Sweat Kit Goes Viral with School Nurses -3
- Is Botox the New Wonder Drug? -4
- Give and Get this Season -6

Antiperspirants: Keystone of Hyperhidrosis Care

Antiperspirants are the first line of defense in the battle to control excessive sweating. If you are new to this fight, you might be surprised at the simplicity of this recommendation. But all hyperhidrosis treatment regimens begin here. (Looking to start your antiperspirant therapy? Get important tips for success on SweatHelp.org and get a free sample of Certain-Dri.)

A walk through any drug store will tell you that there is no shortage of antiperspirants to choose from, with more choices and strengths available than ever before. But because antiperspirants occupy such a key place in hyperhidrosis care, it's important for people with excessive sweating to take extra time to research the many options-and even to talk to a doctor-in order to make the best antiperspirant choice.

The active ingredient in most antiperspirants is an aluminum-based compound that works by entering the cells that line the top layer of skin. As the compound is drawn into the cells, water is drawn in as well. As more water flows in, the cells swell and squeeze pores closed. The pores are, in essence, plugged (superficially) so that sweat can't escape.

When the IHHS recently started updating SweatHelp.org, it was an easy decision to tackle the antiperspirant section first. Antiperspirants are, after all, where hyperhidrosis treatment usually begins. And so we

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hope these new web pages will help more excessive sweating sufferers to get started with treatment in the best way possible.

Whether you've just found us, or you've been a reader for years, you'll find that the new-and-improved antiperspirant section on SweatHelp.org is loaded with fresh and useful information on all matters relating to antiperspirant use. How do we know it's useful? Because much of the new content is based on the most frequently asked questions we receive from hyperhidrosis sufferers. For instance, 'What's the best way to apply antiperspirant?' and 'What's the difference between over-the-counter and prescription-strength antiperspirants?' and 'How do you prevent or treat sweat stains on clothing?'

Antiperspirants can work almost anywhere on the body, including on the hands, feet, face, back, chest, and groin. The key to successful antiperspirant treatment is to have the right information in regards to treating your particular type of hyperhidrosis. There are a number of variables to consider in order to get the most out of treatment. For instance, are you using the right concentration of active ingredients? Are you applying antiperspirants to get the best results?

(Before bed!) Do you know how to avoid

antiperspirant-induced skin irritation? (Apply to dry skin.) Are you using antiperspirants to extend the life of your Botox treatments? (You should be!)

We asked Angela Ballard, the writer who updated the section, how she approached this new

version of a good thing. 'We really had our site visitors in mind when we started putting this together,' she said. "There are so many good antiperspirants available over-the-counter today, we wanted to make sure that hyperhidrosis sufferers have all the info they need to use them effectively. Too often, people give up on antiperspirants because they aren't getting relief or they are experiencing too much skin irritation, but sometimes changing the way the product is used makes all the difference."



In honor of the IHHS's recent antiperspirant focus, the makers of Certain-Dri (a favorite in the IHHS community) have given us a donation along with samples of their product -- 500 free samples, to be exact -- that we are going to give away to the first 500 lucky people who request them

Successfully managing excessive sweating is the bottom line for hyperhidrosis sufferers. To achieve that bottom line with antiperspirants, users need to know

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the correct way to use them. Featuring this information on the Sweathelp.org website is another aspect of the IHHS effort to make excessive sweating more manageable and less life-altering for sufferers. So whether you glide, slide, roll-on, or spray, check out SweatHelp.org and make sure you're tackling sweat as efficiently and effectively as possible.

If this information has been helpful to you, or you'd like further information about excessive sweating, drop us a line. The feedback from the hyperhidrosis community informs the direction of the IHHS's resources. And consider a donation to the IHHS. All contribution amounts are greatly appreciated; they let us know you're out there and that you care about the services and information provided at SweatHelp.org. ●

Know Sweat Kit Goes Viral: with School Nurses, in a Good Way!

Children and teens make up a very large portion of the hyperhidrosis population and the IHHS devotes a lot of attention and resources to this segment of our community. Adults with excessive sweating will know why: Most cases of hyperhidrosis begin during childhood or the teen years, a time of vital growth, and its effects can be devastating.

It shouldn't be this way. There are many reliable treatments available for children and teens who have excessive sweating. More importantly, diagnosing

the condition early can change the trajectory of a young life, sparing someone years of embarrassment and isolation.

The one barrier to receiving this care, however, continues to be a simple lack of knowledge. Hyperhidrosis is not widely talked about (likely due to its embarrassing nature) and the facts are simply not widely known, even among doctors. The IHHS was formed to break through this barrier.

Today, the Internet makes communication nearly effortless and it's much more likely that hyperhidrosis sufferers, their parents, or their caregivers will eventually find the information they need to understand their condition. But this is still not enough to reach everyone, especially not the youngest patients.

In a stroke of good timing, a recent IHHS "back-to-



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school” press release about our Know Sweat in School kits was picked up by hundreds of online nursing publications that distribute to an audience of over 83 million readers. Since then, the requests for school kits have gone through the roof. Particularly strong and relevant are the requests from school nurses. School nurses are the face of healthcare for many school-age children; and they can be an invaluable resource from this vantage.

If you are a school nurse, click here to order this important, kid-focused information today. Non-nurses can opt to send a Know Sweat in School kit to a school nurse in their community, and remember to include your name, the name of the school nurse, and the school address. (Kits are free to school nurses but a donation is requested for kits ordered by others.)

The IHHS works hard to reach children and teens, but this recent exposure and the resulting strong response indicates that there remains a tremendous need for child-centered hyperhidrosis information. That’s why it’s truly inspiring to see these kits going out everyday; it means that the harsh effects of hyperhidrosis may be kept at bay for one more son or daughter.

Some of our most ardent supporters are adults with hyperhidrosis who want their children, and all children, to avoid the limitations and shame brought on by excessive sweating. If hyperhidrosis has had an impact on your life, consider a \$20 donation to sponsor a Know Sweat in School kit for a school nurse; For the kits, be sure to include the nurse’s

name, school name, and school address when making your donation.

Your gift ensures that school nurses will have the facts about hyperhidrosis within easy reach, ready to enlighten. Thank you for helping us clear the path for the coming generations. The impact of every contribution is significant.

Do you want to put your donation to work in another way? Direct it toward whatever means the most to you in the battle to beat excessive sweating. We have lots of options and plenty of need at the IHHS. Check out these other great ideas. ●

Botox gets FDA approval for Migraines: Is Botox the New Wonder Drug?

When Botox (onabotulinumtoxinA) achieved FDA approval for the treatment of underarm hyperhidrosis more than six years ago, it joined only a handful of other Botox indications, including eye muscle disorders, neck muscle disorders, and, of course, eyebrow furrows.

Botox has entered the vernacular because of its well known cosmetic use, but it was actually developed in the 1970s by Dr. Alan Scott, an ophthalmologist who was searching for a cure for crossed eyes. He theo-

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rized that minute doses of a nerve protein could weaken the muscles responsible for crossing the eyes and thus treating the condition. He experimented with a variety of paralytic agents.

A biochemist who had isolated and purified a strain of botulinum toxin for potential military use sent Dr. Scott a sample. And it worked.

Many of the other uses for Botox were discovered accidentally. Physicians were reporting that patients had unexpected side effects -- fewer headaches, for example, or smoother skin or sweat-free skin -- after they had treatments with Botox.

Botox is a purified form of botulinum toxin, the protein produced by the bacteria that cause botulism. Injections of Botox temporarily blunt chemical nerve signals to certain muscles or glands (such as sweat glands), reducing their activity.

Though its cosmetic use put Botox on the map, its medical uses are poised to surpass its cosmetic application in the very near future. You can expect to see a lot more uses for Botox in the coming months and years.

For instance, in October 2010, Botox won FDA approval for migraines. Adults suffering from severe migraines (involving headaches on 15 or more days per month) will now be able to use Botox to prevent



the migraines. Depending on the patient, treatment results are reported to last up to three months when injected in recommended doses in the head and neck.

Off-label uses are another way in which Botox is innovating treatment for a variety of conditions. In fact, the list of ailments for which Botox is used off-label far exceeds its current FDA-approved list (importantly: off-label drug use is perfectly legal for physicians and is often beneficial to patients). Current common off-label Botox uses include:

- **Voice treatments**
- **Chewing problems**
- **Swallowing problems**
- **Anal fissures**
- **Hair loss**
- **Phantom limb pain**

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• Drooling

There aren't a lot of positive sides to living with excessive sweating. But we are fortunate to be part of an era when the hyperhidrosis treatment innovations are quickly expanding. Botox has helped so many people with hyperhidrosis forget that they have



Seoul Korea

hyperhidrosis -- well, at least for a while (results from underarm injections can last for six months or more.) If you receive Botox injections to treat your hyperhidrosis - be proud to be part of medical history!

Click here to learn more about getting help from your insurance company for your hyperhidrosis treatments.

Physicians who want to learn how to use Botox to treat their hyperhidrosis patients should check out our online training videos that feature two of the premiere

practitioners in this field, as well as founding board members of the IHHS, David M. Pariser, MD and Dee Anna Glaser, MD.

To get the best learning experience, attend one of the IHHS's highly regarded live-patient continuing medical education sessions. Medical professionals also may want to know that Dr. Pariser and Dr. Glaser, along with other hyperhidrosis experts, will be offering a hyperhidrosis session at the World Congress of Dermatology in Seoul, South Korea, May 2011. ●

Give and Get this Season

As the lone organization devoted to achieving universal understanding of hyperhidrosis care and treatment, the IHHS continued to make substantial inroads throughout 2010. For example:

- 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).
- Physicians and other healthcare providers around the world have been trained in the latest most efficient hyperhidrosis treatments -- improving access to effective treatments for people who could not find treatment before.
- Volunteers have received free treatment at physician training events.

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• Valuable information has been disseminated such as the opening of the first ever, and only pediatric hyperhidrosis clinic in Wisconsin.

The IHHS's sterling reputation has been earned because it remains rigorously non-biased in the information it delivers. Our priority is to provide the hyperhidrosis community with the best possible options for care and treatment. The result is a big win for the hyperhidrosis community (which is the whole point). The only downside to this is that, as a not-for-profit organization, it's a continual challenge for the IHHS to meet the costs of providing these valuable services.

Because the IHHS relies on donations and grants to keep its lights on, we are turning to you, our vast and varied hyperhidrosis community. In these closing months of the year we ask for your help so we can continue our important work.

So how does the IHHS distinguish itself from the many needy organizations in the world?

Describing a typical donation may offer insight to what makes us unique in the minds of our donors.

Many contributions that come to the IHHS are attached to letters filled with incredible stories about

people who have, in some way, been affected by hyperhidrosis—either having it themselves or knowing someone who does. The overwhelming relief of finding the help and solutions provided on Sweathelp.org prompts individual contributions from adults, parents, caregivers, teachers, and others, who are so grateful for the information and solutions they've found here.

Something else that makes the hyperhidrosis

population special is its composition; it is made up of people from literally every part of the world. But within this great variety runs a universal truth: aside from the shared daily inconveniences it presents, excessive sweating holds you back from being and doing all you want to do.

There are so many ways to make a difference. Here are some easy things to consider that will benefit the organization:

Download the GoodSearch/GoodShop International Hyperhidrosis Society toolbar. Once added to Internet Explorer or Firefox, each time you search or shop, a percentage of your purchase will automatically be donated to the IHHS. We have had great success with this toolbar and it is one of the easiest ways to pack a punch into your IHHS donation. Especially during this busy online shopping season, a little virtual window



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shopping can generate a little more money for a great cause.

You can also help raise money for the IHHS by shopping on eBay. Visit our eBay page and consider buying or selling a little something (or a big something!) on eBay to benefit the IHHS this holiday season.

We have over 65,000 subscribers to the newsletter, so consider advertising your hyperhidrosis-related service or product in the next edition.

And speaking of great products, think about giving a pair of gloves that are especially designed for people with palmer hyperhidrosis. No Limits! Boosted Wool Blend Gloves are made with a special yarn that promotes movement of moisture away from the hands into the fabric. They retail for \$14.99 plus shipping. Visit their eBay page to purchase a pair (or two) at No Limits! Boosted Wool Blend Gloves; 10% of your purchase here will benefit the IHHS.

The IHHS is always eager to roll all extra cash back into the Kids and Teens section of the website. This section has been a life-changer for countless kids and parents dealing with excessive sweating. Adult sufferers in the hyperhidrosis community know best the incredible heartache and anguish that kids experience because of their excessive sweating. Your donation helps a young one to negotiate (some of) the twists and turns of that are characteristic of the adolescent years.

Make a \$20 donation to sponsor a School Nurse

Kit. These kits go directly to the frontline --- to the healthcare figure kids see the most in their daily lives: the school nurse. Providing these kits has become a very effective way to help caregivers identify hyperhidrosis early and prevent it from doing more emotional damage in later years. Your \$20 donation can make a big difference in a child's life. Or, put your donation toward our Know Sweat Now teen book, which the IHHS provides free-of-charge to all who ask.

Or perhaps you prefer to shop? Use GoodSearch (as mentioned above) or, even better, shop the IHHS Deals and Discounts page to get great hyperhidrosis-related products (from insoles, to shirts, to underarm shields, and more) and make a contribution to IHHS at the same time.

Whatever you choose, you know that your gift to the IHHS will help break down another barrier standing in the way of a life lived fully. Better yet, your donation will also prevent the barrier from ever going up in the first place. Thanks for your continuing care and involvement with the hyperhidrosis community and may your season be shiny and bright (and dry wouldn't be bad either, but we'll keep working on that!). ●

INTERNATIONAL
HYPERHIDROSIS
SOCIETY®

Know Sweat

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.

