

## From the Executive Director

This is the time of year that many of us return to the halls of learning. From college campuses to kindergarten classrooms, being of sound mind and body is essential to reaching our true potential—academically, socially, or professionally.

The stories in this edition of SweatSolutions emphasize the importance of having access to outstanding hyperhidrosis care. Whether it's an opportunity to improve a doctor's skills—like at next month's Berlin conference—or through providing accurate information about ETS to an adolescent in need, excellent hyperhidrosis care means that goals and dreams can and should be a top priority.

Before we close, we've recently been introduced to a line of undershirts by Silverback Apparel that are specially designed to absorb excessive sweating on the chest, back, or underarms. Read more about these hi-tech undershirts (and a special offer just for you) in the Back-to-School and ETS stories. Let us know what you think of them.

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

## Know Sweat Now: Back to School Tutorial for All Ages

Annual back-to-school routines are in full swing again. The anticipation felt by many students during this time is mixed with a degree of dread and anxiety for kids with hyperhidrosis. The IHHS is sensitive to the extra burden excessive sweating can add to a school day; that makes this an ideal time of year to specifically address our adolescent and teen readers with hyperhidrosis.

That doesn't mean we're excluding parents and adults from the conversation; they are crucial to a young one's management of hyperhidrosis. In most cases, these are the people best equipped to listen and help navigate the road toward treatment.

Unfortunately, we know that this road can be rocky even in the most supportive environment. This condition is plagued by persistently bad or inaccurate information on the Internet and within the general public. Even in the medical community, hyperhidrosis is not widely understood and is underdiagnosed.

Here are some immediate steps you can take to manage the effects of excessive sweating during the coming school year.

Be sure to use a soft solid antiperspirant and not just a deodorant. Most people don't realize there is a difference, but deodorants only help with your odor and they don't help with your sweat. And the 'soft solid' formulation is the most effective one to use.

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This issue of SweatSolutions is sponsored by:



[www.silverbackapparel.com/hyperhidrosis](http://www.silverbackapparel.com/hyperhidrosis)

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💧 New over-the-counter antiperspirants, such as Gillette Clinical Strength® or Secret Clinical Strength® have impressive clinical data that has proven them to be as effective as prescription brands while still being gentle on skin – and can even be used for reducing sweating on hands and feet. Just apply following the underarm directions. Plus, Secret Clinical Strength remains the only antiperspirant with the IHHS Seal of Recognition.

💧 Remember to always apply antiperspirant in the morning and especially at night. Putting it on before bed allows the antiperspirant to plug sweat ducts most effectively and therefore reduce more sweat the next day. Important: To reduce irritation, make sure your skin is totally dry before applying antiperspirants.

💧 Hydrosal Professional is another terrific new antiperspirant option. It is a prescription-strength 15 percent aluminum chloride formula in a gel base with NO alcohol. This no-alcohol formula delivers very effective antiperspirant strength in a soothing gel. Research showed that this formulation offers increased product penetration and thus, prolonged relief. It's a little pricey, but might be worth a try if the over-the-counter products don't work well enough for you.

To purchase Hydrosal Professional, go to [hydrosalpro.com](http://hydrosalpro.com) and use the IHHS physician code: LP141417. Not only will you get to try a promising new product, but the makers will donate a portion of your purchase to the IHHS!

💧 When selecting your clothes for the day, dress in layers of natural fabric, such as cotton. Cotton allows

more air to circulate around skin so that moisture is slower to build up. Also, keep an extra shirt or a trendy jacket handy; everyone wears layers these days, so no one will notice if you add one when stains start to appear. Patterns and black and white solids also help conceal sweat marks.

💧 New to us, a line of undershirts from Silverback™ Apparel may help with excessive sweating of the back, chest, or underarms. This company is currently offering a special for IHHS subscribers for 10% off each purchase when purchasing 5 or more shirts of the same style. All orders over \$100 include free shipping. Apply coupon code HYPERHIDROSIS10 on the shopping cart review page. This offer is good until October 10, 2009.

Visit [www.Silverbackapparel.com/hyperhidrosis](http://www.Silverbackapparel.com/hyperhidrosis) to start shopping. Grab a few to send with your son to college, or try one for yourself! Let us know how they work for you. We are very curious!

💧 To manage excessively sweaty feet, we all love Summer Soles ([www.SummerSoles.com](http://www.SummerSoles.com)). These® are super soft and super absorbent foot inserts that help manage excessively sweaty feet (and open the door for cuter shoe options!).

The maker of Summer Soles® offers IHHS subscribers a free pair with every purchase and generously donates 20 percent of these proceeds back to the IHHS. This is a no-brainer!

💧 When it comes to school supplies, consider a keyboard cover for your laptop or keyboard. You can order them from an online office supply company or check your local supply store. For a little extra insight into these products, check out our review of computer covers that we did a few years ago in our Library section of [www.SweatHelp.org](http://www.SweatHelp.org).

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For writing assignments, consider these tips from a mom and teacher who has hyperhidrosis. She recommends Foohy Gooshy Grips and says they are great for excessively sweaty hands. She also recommends trying the PenAgain™ Ergo-Soft Grip and the Dr. Grip™ pen. These pens were developed for arthritis and other hand problems, but may also help kids with sweaty palms grasp the pen.

Also, remember that pencils with harder lead smear less. The popular no. 2 pencil is on the softer side of the range (hardness rated 1 to 6, 6 being the hardest). A harder lead will mean less dust and less smearing when in contact with sweat.

For study breaks and your after-school work-out, consider stress-relieving activities such as yoga. It can help slow sweating.

Stay away from spicy foods, like Chinese take-out or Indian curries.

Limit alcohol and partying. Besides packing on the pounds and leading to some potentially embarrassing and dangerous situations, such extracurricular activity can increase sweating.

Avoid the all-nighters; caffeine and other stimulants can increase sweating.

Antidepressants and anti-anxiety medicines can also cause excessive sweating. Drugs such as Paxil, Effexor, and Prozac have been shown to cause excessive sweating. Visit our website to download the full list of medications that may cause sweating.

When you're hitting the books this semester, pick up the recently published reference book from Omnigraphics: *Skin Information for Teens*, 2nd edition. This volume is one in a series of teen health reference books. This latest edition cites the IHHS in its information on teen hyperhidrosis. We're pleased to have this concrete example of the growing awareness of teen hyperhidrosis—and we are happy that good

information will be getting to teens. Check your local or school library and let your school nurse know about it; this would be an outstanding reference tool for any school library.

It's so important that parents, caregivers, teachers, coaches, and other influential people in our children's lives have access to accurate information. It's just as vital for these people to listen and respond to their needs. Too frequently, however, we hear from our young readers that, not only is it difficult to simply talk about their excessive sweating, it's often just as difficult to have their complaints taken seriously by a parent, or even their doctor.

This letter from one of our teen readers, Carly, reflects this:

*"I don't know much about this hyperhidrosis stuff, but lately my armpit sweat has gotten horrible. It gets even worse when I'm around my friends, especially guys. I can never relax and I feel awful all the time. No matter how much or how little antiperspirant I use, or what kind, I always end up sweating buckets at the worst times—resulting in HUGE wet stains in my shirts. It's totally embarrassing. My mom has sweat problems too, even though they're not as major as mine, and whenever I try to talk to her about dealing with mine, she's barely sympathetic. She says that it's because I have her genes, and I'll just have to learn to pick out clothes that don't show sweat stains. But I don't want to keep feeling wet all the time! I just want to be normal! Please help me!"*

This is where the International Hyperhidrosis Society and SweatHelp.org comes in. Our comprehensive Web site has a section devoted completely to teens (and those who love and care for them!). It is designed to help parents and kids navigate the hyperhidrosis learning experience together, with all the latest and best advice on finding a doctor and exploring the ever-expanding range of treatment options.

Our award-winning Teen Sweat Workbook is another great asset for teens who are just opening the doors to

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understanding hyperhidrosis. This book ships out to destinations around the globe daily, addressing concerns that are specific to teens in a language they can appreciate. It is one of our most popular items. Check it out to see why! You can even download some of the most popular pages on our website.

Doctors and healthcare professionals also belong in this conversation. Medical professionals should consider attending the IHHS's physician educational seminars this year. Excel in the latest diagnostic and treatment methods for hyperhidrosis. Get your skills in top form and earn a gold star in our Physician Finder patient directory! This will tell prospective patients that you are an expert in hyperhidrosis treatment.

Speaking of treatment options, in breaking news for adolescent hyperhidrosis sufferers: A recent study has found that treating adolescents with Botox is a safe, effective, and well tolerated treatment for underarm hyperhidrosis. This is excellent news because Botox can provide such an effective and efficient means of managing excessive sweating.

Renowned dermatologist Dee Anna Glaser, MD, President of the IHHS and Vice Chairman of the Department of Dermatology at the Saint Louis School of Medicine commented on the relevancy of the study results.

"Hands-down, Botox is the most effective treatment for excessive sweating on any relatively small area of the body, such as for the underarms and hands. And it's convenient; Botox can be administered in mere minutes, right in your dermatologist's office."

One of the most often expressed concerns that teens—and adults for that matter—have about Botox injections is the use of the needle. For those who share this concern, Dr. Glaser offers this perspective:

"As far as pain goes, when Botox is used for hyperhidrosis of the underarms, patients may experience minor discomfort but only during the procedure.

For most, because the procedure is so quick, the discomfort is worth the results. Injections in the palm can be more painful so be sure to find a physician that knows how to do it pain-free."

One of our most eloquent teen spokespeople is Paige, who recently received Botox treatments for her hand and underarm hyperhidrosis. She volunteered these comments about the experience:

*"Over the summer I got my first round of Botox shots in my underarms and hands. I had about 50 shots in each armpit and about 80 shots in each hand. It hurt, but it was definitely worth the outcome. It took about 4 days to kick in and now I barely sweat from those areas at all! It has literally changed my life! I finally feel normal...I can finally write at school without getting my paper wet and I can finally drive a car without a steering wheel cover! These things may seem minor to anyone else but to me they are everything!"*

Remember that there are many treatment options for excessive sweating; they range from topical antiperspirants to Botox injections to iontophoresis—a system of passing electricity through water to keep hands and feet dry—to oral medications, and, usually as a last resort, surgery. All of these treatment choices are explained in detail at [www.SweatHelp.org](http://www.SweatHelp.org).

Also note that not all treatments can be used to manage sweating on all areas of the body. Visit our website and take a look at the useful reference chart to see what options are available for your situation; then talk about them with your dermatologist.

If you or someone you love is concerned about a health or skin condition, a great first step in exploring treatment is to make an appointment with a dermatologist to discuss these concerns. Utilize our Physician Finder to look for a qualified doctor or healthcare professional in your area. Remember: those listed with a gold star next to their names have attended one of the IHHS's specialized-training seminars and are especially familiar

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with treating hyperhidrosis--no matter where on the body you sweat.

◆ Do you have a tip to control hyperhidrosis that you don't see on this list? Let us know by sending an email to [info@SweatHelp.org](mailto:info@SweatHelp.org) and we may pass it along and help others with excessive sweating.

◆ Add us to your Facebook, MySpace, or other social network page to let more people know the 411 on excessive sweating.

Adults recognize that these school-age years are fleeting; memories made during this time have a powerful impact and stay with us for a lifetime. Unfortunately, most adolescents and teens with excessive sweating accumulate far too many negative memories and spend too much time isolated and shrinking instead of flourishing.

Take steps today to make this a great school year! This is such an important time in life. Let's make sure that worries about hyperhidrosis can be left in the back of the mind and the important stuff can be front and center. ●

## Let's Talk About **ETS**

One of the most positive aspects of the current state of hyperhidrosis care is the increasing number of options available for treatment. The downside to this promising trend is that there remains a persistent lack of awareness and understanding, not only about the condition but also about its treatments.

Hyperhidrosis is a condition that isn't talked about openly (we hope this is starting to change--thanks to all the members of our community who help us spread the word). Even among healthcare professionals it is widely underdiagnosed and misunderstood. Not surprisingly, myths and inaccuracies about the condition and its treatments abound.

This is especially true for one particular treatment: ETS (endoscopic thoracic sympathectomy) surgery.

Since our inception in 2003, the International Hyperhidrosis Society has advised caution when it comes to undergoing ETS, a surgical procedure for treating primary hyperhidrosis. ETS is heavily advertised as a "cure" but medical professionals familiar with the drawbacks of the procedure, including those at the IHHS, consider it an option of last resort. We stand firmly by our recommendation that those considering the surgery try all other applicable treatment options once, twice, maybe three times, before considering this procedure and make sure you understand all the risks of ETS before you consent to it.



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To begin, ETS is major surgery that involves cutting, clamping, or burning the nerve that controls the signals from the spinal column to the sweat glands. And while there are newer, less invasive techniques for performing this surgery, the side effect of compensatory sweating occurs in almost all patients who undergo the procedure.

Compensatory sweating is excessive sweating that happens in a new place--like the back, chest, abdomen, buttocks, legs, or face-- as a result of the surgery. This compensatory sweating may be equally, if not more extreme, than the sweating at the original site. It is very difficult to treat and it is by far the main reason for patient dissatisfaction, even regret, regarding the procedure.

Results of ETS also lack uniformity. Nerve pathways can be unpredictable and results vary between patients. Too much cutting or nerve destruction can increase the likelihood and the severity of the compensatory sweating.

It should be noted that there are local surgical treatments only available for underarm hyperhidrosis, like liposuction, cutterage, and excision. Excision involves cutting out sweat glands at the site of sweating. Similarly, during curettage they may be scraped out. And during liposuction they may be removed by suction. Dermatologists often have good results with these techniques. This is very different than ETS surgery.

Here are a few examples of the letters we receive often from patients who have had ETS surgery:

*"I had the ETS procedure done about 2 years ago and I wish I never did it. Before the surgery my hands and feet would sweat a lot but after the surgery I sweat from my entire body. It's so nasty and embarrassing! Are there any solutions to my problem now?"*

--C.

*"In April 2006, I had an ETS surgery in order to stop my excessive underarm sweating, which was very uncomfortable. The doctors cut/cauterized the nerve in the T2 level.*

*At the beginning, I was very excited because the underarm sweating decreased almost completely. But when summer came I started to suffer hard compensatory sweating through my buttocks, back, and chest.*

*This situation is killing me because I really think that "the cure (surgery) is worse than the illness" and my life is changing for worst. I used to do a lot of exercise/ play sports and now I do not feel like doing them. I am always checking my buttocks to see if the pants or shorts are wet."*

--J.

*"My husband is 60 years old and had an operation 25 years ago for sweating on his hands and feet but he is now sweating on his back so much it is getting worse as the years go by and I think he is near a breaking point with it. Our GP says nothing can be done. Do you know anything that can be done for him?"*

--W.

The silver lining in this story is that there are signs of a growing awareness of the adverse effects of this ETS--even among the physicians who support the procedure. Recently, we've noticed that most surgeons have stopped performing ETS for anything other than focal palmar hyperhidrosis. This is likely because of all the focal areas, this particular focal area--the palms-- seems to respond the best to this procedure.

A few words from Dr. John Hramiec, a thoracic surgeon who practices in Michigan, highlight the changing perspective on this surgery.

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“I first started to perform ETS for 3 types of primary hyperhidrosis sufferers: hands, underarms, and facial blushing. At first all three groups of patients initially did very well. I knew the literature described lower satisfaction and higher recurrence rates with the latter two groups. That became more evident after I gained a couple of years’ worth of experience. I saw that the primary axillary hyperhidrosis patients were starting to recur at about a 20 to 30% rate. One patient in particular got my attention: a daughter of a nurse with whom I worked very closely.

So I reassessed treatment options and the appropriateness of ETS for those patients with excessive underarm sweating. I subsequently stopped performing ETS for primary axillary hyperhidrosis and began to offer these patients treatment with Botox. In addition, I no longer offer ETS for facial blushing.”

He continues:

“Initially I was taken aback by the IHHS position on ETS. I thought it was not balanced. Yet I also got the feeling that some patients elsewhere were being treated with ETS, possibly prematurely or without a good understanding of the possible drawbacks or side effects. I now perform ETS only for primary palmar hyperhidrosis patients who have tried other treatments options, including topical, medications, iontophoresis and/or Botox. They have to have classical symptoms and have a full understanding of the disease, treatment options, and risks and benefits of the surgery.”

Other drawbacks to this procedure have emerged recently. A study conducted by a group of Portuguese physicians measured the effects of ETS surgery on cardiac activity. They concluded that ETS can result in a slight depression of heart rate. Published in the Journal of Thoracic and Cardiovascular Surgery in May, 2009 the results showed clear evidence that ETS surgery increased “vagal and global cardiac autonomic activity and decreased sympathetic activity after ETS.” You can view the abstract of this article in our online Library at [www.SweatHelp.org](http://www.SweatHelp.org).

And in a most extreme case, a woman undergoing ETS surgery in the UK died after the surgeon punctured her lung and the attending nurse was too inexperienced to adequately assess the warning signs of this deadly complication. The case is currently before Britain’s General Medical Council.

Clearly, the IHHS’s position on ETS is that it should be done sparingly and cautiously. Lets be balanced: because there are cases where ETS has been successful for patients with palmar hyperhidrosis. We received this note from a patient:

*“Ever since I can remember, my hands and feet have been bathed in sweat for no reason. Like most other people this really didn’t affect me until I got into high school and started dating. I can think of numerous examples of times that I could have salvaged a relationship, but I was too nervous to talk about my palmar and plantar sweating. One example springs to mind: I was too nervous of my sweaty palms to put my hand around a girl I really liked which caused her to stand me up on our next date. After much research and many tries at a supposed cure I got fed up with the whole thing. I set up an appointment for an ETS surgery in Chicago, Illinois at a particularly good surgeon who had done this operation multiple times. After finding out that my insurance would only cover 20% of a \$12,000 surgery I resolved that money was less important than my future confidence and quality of life. The operation was quite successful and I would recommend ETS to anyone who has the means to achieve it....My life has significantly improved since the ETS surgery, although the compensatory back sweating takes some getting used to. I would not take back my decision if it was laid out in front of me.”*

--M.

If you have tried everything else and are considering ETS surgery, it’s very important to look for a physician who has experience. Ask about the percentage of their

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patients who experience side effects, such as compensatory sweating; demand to speak to a variety of the doctor's patients treated for hyperhidrosis. Because complications from this surgery may not become apparent until years after the procedure, be certain to speak with patients who had the operation at least two years ago.

We've also come across an interesting product that may have a particular appeal to men (though women can certainly try them too) who are dealing with compensatory sweating of the back or chest, or for those with excessive underarm sweating:

Silverback Apparel ([www.SilverbackApparel.com/hyperhidrosis](http://www.SilverbackApparel.com/hyperhidrosis)) has a line of undershirts that are effective at absorbing excessive sweating. These shirts are made with environmentally sustainable products and have a unique double layer of fabric on the armpits and back to ensure dryness. The makers are currently offering a discount for our subscribers for 10% off when purchasing 5 or more shirts of the same style. All orders over \$100 include free shipping. Apply coupon code HYPERHIDROSIS10 on the shopping cart review page. This offer is good only until October 10, 2009. So, try one on, and let us know how it works for you!

When seeking out treatment for excessive sweating, we want people to have as many options as possible. Depending on the area of the body affected, patients should try all the other available treatments, including clinical and prescription-strength antiperspirants, iontophoresis, iontophoresis with the addition of an anticholinergic, Botox injections, and the less invasive local surgeries, or a combinations of these treatments, before considering ETS surgery.

We have come a long way. A few decades ago, people living with excessive sweating were severely limited, not only by the lack of available knowledge, but also in the range of available treatments. Today, treatments options are ever-expanding as are the number of healthcare professionals who are experts in treating this difficult condition.

We need continued hard work and research to keep the progress in hyperhidrosis care moving forward. Hyperhidrosis sufferers: why not consider jumping on board for one of our ongoing research opportunities? Researchers: keep finding continued inspiration to explore and improve treatments for hyperhidrosis sufferers and include us in your conversations.

The old saying by Thomas Edison is really quite apt in this context: "Genius is one percent inspiration and 99 percent perspiration."

We can attest to that. ●

## Physicians Attending EADV Berlin--Join Us 7 October

The annual European Academy of Dermatology and Venereology (EADV) Congress is one of the most prestigious and highly anticipated educational events on the calendar for the INTERNATIONAL HYPERHIDROSIS SOCIETY. This will be the fifth year that we have been invited to present as a Sister Society at the Congress. As in years past, we expect our session to attract some of the highest caliber physicians and researchers in the European Union.

The EADV Congress takes us to a beautiful European locale each year with the promise of making meaningful new contacts, reconnecting with established ones, and, most importantly, offering our European colleagues the most comprehensive and up-to-date information about treating hyperhidrosis.

This year's 18th Congress of the EADV will be held in Berlin, Germany. It's not too late to join us! If you wish to attend only the IHHS seminar on Friday, October 7th, you will not need to register for our session, but you will need to register with the EADV and pay the Sister Society registration fee.

Registration for the Congress will be ongoing, but

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the EADV will make a discounted registration fee available until September 20, 2009. Deep discounts are also available for students, nurses, and other medical professionals. Check the registration guide here to see a full list of rates.

Remember: the IHHS will be holding our session the morning on the first day of the conference, Wednesday 7 October, beginning at 09:00 at the International Congress Center (ICC) in Berlin in Hall 14.2 Oslo. Doctors and medical personnel who are interested in attending the IHHS's session are invited to send an email to support@SweatHelp.org and we will be happy to reserve a seat for you.

This is a unique opportunity to meet and learn from a few of the world's foremost doctors in the treatment of hyperhidrosis. As in previous years, IHHS President Dee Anna Glaser, MD and IHHS Board of Directors founding member David M. Pariser, MD, — who is also the current President of the American Academy of Dermatology -- will be joined by Henning Hamm, MD, who, in addition to being a researcher, is also a Senior Physician and Assistant Medical Director of Dermatology at the University of Wurzburg in Germany.

This team will discuss the diagnosis and impact of hyperhidrosis as well as demonstrate its treatment methods, including Botox injections, iontophoresis administration, local and ETS surgeries, oral medications and emerging technologies during the four-hour session, "Effective and Efficient: The New Standard of Care for Hyperhidrosis,".



As an international organization, the IHHS values highly this opportunity to extend our outreach to Europe and beyond. Since 2004, we have educated hundreds-- if not thousands-- of physicians through this venue.

The IHHS is grateful for their annual invitation to participate in the EADV Congress. Because we are a non-profit organization, we are especially appreciative of the EADV's generosity. This allows us to do what we do best: develop and conduct an event that will attract some of the finest and most caring medical professionals in the world.

Treating hyperhidrosis may not seem as a lucrative endeavor for some, but it is extremely rewarding. Our EADV seminars never fail to attract some of the most devoted medical professionals. Be sure to look for a detailing of the sessions attendees in a follow-up story in our next edition of this newsletter.

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## New Feature on SweatHelp.org: What's On Your Mind?

**T**he IHHS is here to help people with excessive sweating attain a level of symptom management and care that allows them to concentrate on the important things in life--not their excessive sweating.

How does the IHHS know how to best achieve this goal? Mostly, we take our cues from you. From you we learn what is most needed in hyperhidrosis care, what is working, and what needs improvement; we learn where to put more emphasis and where to improve outreach. We are continually adjusting to best serve the needs of our members.

Lisa Pieretti, Executive Director of the IHHS, sits at the helm of our communication network. She recently commented on her daily interaction with people who contact the IHHS.

“The emails arrive hourly with questions, compliments, and suggestions. Almost every letter starts with ‘I’m so glad I finally found you!’ — the most frequently used word is surely ‘embarrassed’. Everyone, in some way, conveys how excessive sweating steals the joy and self expression from life.”

“These voices keep me working—and awake at night—searching for ways to offer comfort, direction, and empowerment—not to mention medical care that is

easily accessible and effective. We’re still not there. As good as the treatments are—and they are much better than they were 5 years ago—we still have a lot of work to do.”

“On a professional level,” she continues “these letters keep my motivation high. Sometimes they can give me that much-needed pat on the back, letting me know that the hard work is reaching people and changing things for the better.”



Because the IHHS is a highly web-based organization, communication between our organization and its members has a real-time immediacy. Since our inception in 2003, the Internet has allowed us to create and sustain a diverse international community and to continually reach out to more people in new ways. This ability to reach an ever-growing community didn't exist 20 years ago: The IHHS is absolutely a product of the new millennium.

To best utilize the benefits of the IHHS's “virtual” world, we continually look for ways to shrink the spaces between our members and engage in some real back and forth. To better enhance this capacity, we are now in the process of creating a hyperhidrosis survey that will help us to better respond to the needs of the hyperhidrosis community. And your input is invited.

This survey will help us begin to assess the state of healthcare for people with excessive sweating. The survey will ask about participants' experience with hyperhidrosis, including doctor visits, treatments undergone, and what the future of hyperhidrosis care should look like.

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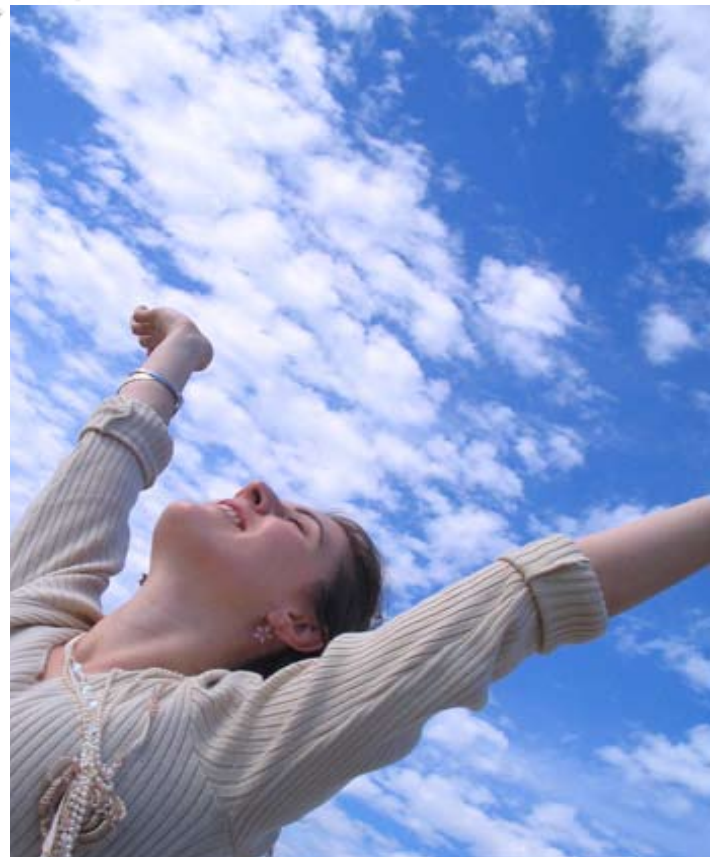
Why not take a moment and send us a question? Just send us an email to [info@SweatHelp.org](mailto:info@SweatHelp.org). What do you wish people knew about living with hyperhidrosis? What would you like to know about other people who live with hyperhidrosis?

We will use the survey's feedback to help shape and guide future work at the IHHS and help researchers involved with hyperhidrosis care develop better products to treat it.

Pharmaceutical and biotech researchers are absolutely invited to participate. What do you want to know about the 3+ percent of the population who lives with hyperhidrosis?

Marketing professionals are likewise encouraged to ask questions. What are consumers with hyperhidrosis looking for in a product? We can also help you improve your product or the access of your brand. This is a great opportunity to get incredible feedback directly from the marketplace.

This can be one of those empowering moments, we hope, for all members of the hyperhidrosis community. It is a forum to speak (virtually) directly to people who share the hardships of excessive sweating as well as to those who are devoted to helping and treating them. It's important for us to hear what you have to say. Just send an email to [info@SweatHelp.org](mailto:info@SweatHelp.org)...we are listening!



**T**he 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 that 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.