



From the Executive Director

The academic year has started anew for many of our readers and it's a good time to highlight the importance of education when it comes to treating excessive sweating. IHHS community members are continually searching out current and new information on all matters of hyperhidrosis. Healthcare providers who treat people with excessive sweating also understand the invaluable role of hyperhidrosis education in successfully treating their patients.

Our stories in this edition of *SweatSolutions* highlight the role of education at the IHHS. Read our story on our upcoming, highly acclaimed physician education seminar taking place in Virginia on September 25, an invaluable primer on oral medications and the treatment of hyperhidrosis, and our ambitious plans to reach out to our school nurses. Vacation is over! It's time to get back to work and back to finding solutions.

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Oral Medications for Hyperhidrosis: Something Old, Something New

There is a variety of oral prescription medications used to manage excessive sweating for people with certain types of hyperhidrosis; each works systemically but through different mechanisms. In the end, they each work by preventing the stimulation of sweat glands and thus limit overall sweating.

It sounds simple: take medicine; stop sweating. But this therapy is a bit more complex than that...To begin with, oral hyperhidrosis medications are not for every kind of hyperhidrosis. They are best suited for patients with certain types of excessive sweating—people with cranio-facial hyperhidrosis, generalized hyperhidrosis, and those who have not had success using other first-line therapies such as clinical strength antiperspirants, iontophoresis, Botox, or a combination of these. People who have compensatory sweating as a result of ETS also can have success with oral medications.

The most commonly used medications for managing excessive sweating are anticholinergics. These include medicines such as propantheline, glycopyrrolate, oxybutynin, benztropine, and others. Because the drugs used to control excessive sweating have not been studied in controlled trials, their use is based primarily on years of anecdotal evidence. While these oral therapies have not been approved by the US Food

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and Drug Administration (FDA) specifically for the treatment of hyperhidrosis, these medications have a substantial history of off-label use and are safe when used as directed. Many medical professionals and hyperhidrosis patients experience great success with them.



Anticholinergics do not affect the central nervous system. They work by blocking transmission of the chemical messenger (acetylcholine) responsible for excessive sweating. There can be a range of side effects from anticholinergic therapy such as: dry mouth, constipation, impaired taste, blurred vision, urinary retention, and heart palpitations. But these may be managed by adjusting the individual's dose. David M. Pariser, MD International Hyperhidrosis Society (IHHS) founding board member and an expert in treating patients with hyperhidrosis, characterizes the side effects of anticholinergic treatments as "predictable, manageable and usually mild."

That said, there are some hyperhidrosis patients who

need to be very cautious when using anticholinergics. Dee Anna Glaser, MD, president and founding board member of the IHHS, treats hundreds of hyperhidrosis patients a year and is well versed in their use. She cautions her patients, or, in the case of pediatric patients, their parents, saying, "When taking anticholinergics, the body may have more difficulty keeping itself cool with the sweat mechanism 'turned off.' Therefore, athletes, people who participate in sports, people who work outdoors and anyone who may potentially cause themselves injury by becoming overheated must use extra care when considering these treatments."

Further, patients with glaucoma (especially narrow-angle glaucoma) and those who have impaired gastric emptying or a history or symptoms of urinary retention should not use anticholinergic therapy.

The FDA recently approved a liquid form of the anticholinergic glycopyrrolate (brand name, Cuvposa) to reduce drooling in pediatric cerebral palsy patients. This is great news for parents and their children who have hyperhidrosis. This new form of anticholinergic offers an excellent alternative for children who are unable or unwilling to swallow the pills.

An oral medication in this liquid form will provide another treatment option for the segment of our hyperhidrosis population. Dr. Pariser said its benefits would be immediate.

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“This is a welcome addition to the therapeutic choices for treating children. I had an 8-year-old child just last week who couldn’t swallow the tablets, no matter how crushed or mixed with food. Here’s a great solution. And because this new medicine is approved for children it gives reassurance to patients of all ages who have safety concerns with this therapy.”

There are other oral medications that are successful in treating patients with specific types of hyperhidrosis. Beta blockers (propranolol) and benzodiazepines work by “blocking” the physical manifestations of anxiety.

These drugs act on the central nervous system and are best for patients who experience episodic or event-driven hyperhidrosis (such as excessive sweating brought on by job interviews or presentations). Side effects limit their long-term use: Benzodiazepines can be habit-forming and many patients cannot tolerate the sedative effects caused by both of these drug therapies.

There have also been single-case or small samples of patients with specific types of hyperhidrosis who responded to a variety of other oral medications. Agents such as Clonidine, Indomethacin, and gabapentin have shown effectiveness in very specific cases of hyperhidrosis.

If you are interested in learning more about using oral medications to treat excessive sweating, find a health-

care provider who is well-versed in hyperhidrosis care and oral medications in the IHHS’s Physician Finder database.

We like to remind readers that there are always positive or innovative developments on the horizon of hyperhidrosis care; but there are also great treatments available right now. Maybe systemic oral medication isn’t right for you but...in the future? Who knows what may become available! ●

Medical Providers- Last Chance for 2010 CME

Great news! Thanks to an educational micro-grant, a smaller “bonus” version of the IHHS’s very popular and in-demand hyperhidrosis treatment seminar has been made possible. These seminars have become so popular over the past few years that the IHHS has made a commitment to facilitating as many of these events as possible. Practical Excellence in Patient Care, a live-patient teaching and training CME seminar, will be held at the office of David Pariser, MD in Norfolk, VA on Saturday, September 25, 2010. The cost of registration is \$165 for physicians and FREE for dermatology office and medical staff. This opportunity is just weeks away, so it’s imperative that healthcare professionals who are interested in attending this special event reserve a spot immediately.

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Many dermatologists are familiar with Dr. Pariser's work; he recently served as President of the American Academy of Dermatology and is a founding board member of the International Hyperhidrosis Society. He is a leader in hyperhidrosis education and training, not to mention an outspoken advocate for patients struggling with excessive sweating.

Partnering with Dr. Pariser at this event will be Dee Anna Glaser, MD. Dr. Glaser is a world-renowned dermatologist and an authority on hyperhidrosis. She is an internationally renowned speaker on a variety of dermatologic issues and is at the forefront of hyperhidrosis research and treatment. Her pioneering work has had an impact on millions of hyperhidrosis sufferers.

The format for Practical Excellence in Patient Care will mirror our larger sessions: Lecture and Discussion in the morning, followed by an afternoon of live-patient training in iontophoresis techniques and Botox injections for axillary and non axillary hyperhidrosis.

These are invaluable seminars and they never fail to sell out. Healthcare providers who've attended these live-patient events tell us that the training changed the way they treat their hyperhidrosis patients, from providing more treatment services to managing insurance claims

to streamlining care. The result is one more practice that is effective and efficient in treating hyperhidrosis patients, beneficial to a practice indeed; but hugely beneficial to a segment of the population that is largely overlooked and vastly undertreated.

So clear your schedule for Saturday, September 25 and reserve your place today; space is extremely limited and there only a few spots remaining. Register for this outstanding educational event today.

Without question, this small investment will have a welcome influence on your practice; more importantly, the knowledge you acquire here will have a profound

effect on your patients.



Dr. David Pariser

See you there! ●

Stories from the Schoolyard:

Many of you subscribe to this newsletter because you have hyperhidrosis yourself. Remember when you were younger, having to cope with the pain and humiliation it caused in school? Or the teasing you had to deal with from other kids? Wouldn't you do anything to prevent even one child from going through that same agony?

Well, now you can.

The following emails are a few of the many sent to Ask Frances, our teen sweat helpline on the SweatHelp.org website:

"Well, I'm 12 years old and just about to enter the 7th grade. My friend noticed that I had sweat under my armpit around the end of year in 5th grade (YEP), But once I hit the 6th grade that's when the armpit sweating REALLY started to kick in! And everyday I had to wear a black jacket to school because I was too embarrassed to take it off and feared that people would make fun of me. Now I would like to tell my mom so I can visit the doctor but I'm too embarrassed and ashamed to tell her about it. How do I tell my mom about this? Because I've keep this a secret for nearly two years now and I really wanna get rid of it."

Now is your chance to make a real difference for other school children in the same situation.

Thanks to a grant from the makers of Secret Clinical Strength and Gillette Clinical Strength antiperspirants, we are tremendously proud to announce that the International Hyperhidrosis Society has developed a nationwide program -- "Know Sweat in School" -- to educate middle and high school nurses about the signs and symptoms of excessive sweating and how to help students struggling with the condition.

The Know Sweat In School campaign includes a kit for school nurses comprised of:

- Nurse Information Sheet describing hyperhidrosis in medical terms
- Several teen-oriented posters for display
- Handouts for students with excessive sweating concerns
- Teen Sweat booklets
- Samples of clinical strength antiperspirants with directions on proper usage

Our message is simple: Know the Signs. Know Sweat.

Now, here's where we urgently need your help.

In order to get our issue literally on the table, we need to reach the right people. This is where we really need YOU. We want to hear from anyone who has contacts,

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influence, connections, or even participation on state boards of education or nursing organizations. We need just a few minutes of your time to help in getting materials distributed and people educated. Your information will help us strengthen our existing contact lists as we build strong state teams of advocates. Or if you have no information to share but have a passion for this cause and want to help, we'd love to include you on our State Teams. Your contribution can be making a call, sending an email or anything you think will help that one child feel confident enough to raise their hand in class!

"I am 15 years old. I sweat like crazy under my arms and on my feet but I can't figure out what to do. I've tried to tell my Mom but she just looks at me like I'm a lunatic... I just want to know if there's a way to, even temporarily, fix my problem. It puts a real damper on my life especially my social life. Thanks for listening."



One of the first to heed the call for help was Sophia Wastler – now our Virginia State Team Leader. The onset of Sophia's excessive sweating symptoms began when she was in fourth grade. Thanks to the International Hyperhidrosis Society (IHHS), she is receiving treatment for her condition now. But Sophia never forgot those uncomfortable moments as a teen with hyperhidrosis. As a former public school teacher, she also understood the urgency for awareness regarding the condition. Working closely with IHHS, Sophia has been successful in contacting representatives from the Virginia Department of Education (VADOE). Starting this September, a sampling of registered nurses (RNs) and licensed practical nurses (LPNs) throughout Virginia's 132 school divisions will be sent the Know Sweat in School program kit to increase their awareness of the technical information and issues associated with hyperhidrosis. The eventual goal is to provide kits to all 1300 school nurses throughout the state.

"Being a part of this initiative means helping thousands of kids who are suffering in silence. They think they are the only one with this condition," adds Sophia. "Most children don't even know they have a real medical condition that can be treated!"

"I'm 14 years old. I would like to know if I have hyperhidrosis. I was playing volleyball and my hands were getting sweaty. It wasn't because it was hot, my hands just got sweaty. And I also have a girlfriend."

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Every time I hold her hand, my hand gets sweaty and I don't want to hold her hand with sweaty palms. I get nervous and my hands get sweaty. Not only with my girlfriend but when I'm at home, too. What gives?"

We're just starting but with IHHS support and guidelines, and a team of dedicated volunteers, we can continue raising awareness in schools across the country.

Let's see Virginia as a model of what we can do across the country! There are so many ways you can help, like:

1. Send your State Board of Education contact list, along with your name and address to: info@sweathelp.com ...
2. Become a member of your state team of hyperhidrosis advocates! Send an email with your contact info to: info@sweathelp.com. We'll send you information on upcoming events or activities where we need your help...
3. You or your company may prefer to show support through a financial donation benefiting the state of your choice! Our goal is to raise \$1000 per state for hyperhidrosis education materials. Just make your check or money order out to International Hyperhidrosis Society and mail to IHHS at 2560 Township Road, Suite B, Quakertown, PA, 18951. Include a note

on which state you're supporting. All donations are tax deductible. You can also donate securely online

This past February, excessive sweating was officially recognized as a legitimate skin disease by two major medical organizations – the Coalition of Skin Diseases and the National Organization for Rare Disorders. For the 178 million people worldwide who live with this condition, it is a huge step forward in gaining understanding and awareness of an often-misunderstood ailment.

"Now that I'm in 8th grade and moving on to high school, I don't want to not be able to raise my hand to answer a simple question, or raise my arms at a dance..."

"I have to hide my hands from the other kids at school so they won't notice how sweaty they always are. And whenever someone has noticed, I've been so embarrassed that I wanted to crawl into a hole and never come out. Please Help."

Raise your hand for these children. Raise your voice. Raise awareness now about the need to help our children enjoy their lives to the fullest!

Thank you ●

Got Sweat? See If You Qualify for Free Treatment

Because of an educational micro-grant just received, the International Hyperhidrosis Society is putting out a call for hyperhidrosis sufferers to volunteer to receive treatment for their excessive sweating at our next medical educational seminar (Practical Excellence in Patient Care) in Norfolk, VA on Saturday, September, 25, 2010.

Patient volunteers will receive top-of-the-line care for axillary (underarm) and non-axillary types of hyperhidrosis with Botox injections, or with other effective methods—like iontophoresis...and this expert treatment is all free of charge!

This is also an opportunity to receive state-of-the-art treatment under the guiding hands of two of the foremost experts in the field of hyperhidrosis treatment. David M. Pariser, MD and Dee Anna Glaser, MD will be leading a small group of medical professionals as they become masters in providing expert hyperhidrosis care. This event will be taking place at the office of Dr. Pariser in Norfolk, VA.

Dr. Glaser's and Dr. Pariser's guidance in these live-patient teaching events has directly contributed to the growing number doctors and healthcare providers who are not only familiar with hyperhidrosis but who are

also experts in providing treatment for people with this heavily under-diagnosed condition.

Patient volunteers have also been important to this growing awareness about hyperhidrosis. Their work at these IHHS teaching events, provide the challenge for these "student" doctors; the patient's successful treatment is the reward for learning these new treatment techniques.

Feedback from these one-day seminars is consistently outstanding. Healthcare providers indicate great satisfaction with the information and techniques they've learned; but patients are definitely the most effusive. (We've received notes with the words "Thrilled!", "Overjoyed!", and "the burden has been lifted!" more than a few times.)

If you are interested in volunteering, please contact the patient coordinator at Pariser Dermatology: Lisa Hutchings via 757-622-6315 ext 50.

The space for patient volunteers is extremely limited so people who are interested must act immediately. Do not despair if you can't make it to this event: The future of hyperhidrosis treatment looks bright! Stay tuned for more opportunities announced here in SweatSolutions and on our site WWW.SWEATHELP.ORG. ●

INTERNATIONAL
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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.

