



## Executive Summary

### ***Know Sweat! Survey*** **Conducted by the International Hyperhidrosis Society**

#### **Survey Methodology**

The International Hyperhidrosis Society's (IHHS) study consisted of an online survey sent to the Society's patient database of 4,639 people. Responses were collected from 769 people between March 7 and March 16, 2005. Of the respondents, 665 live in the U.S., 44 live in Canada and 61 live outside the U.S. and Canada.

#### **Summary of Survey Results**

***The following information is based on the responses of U.S., Canadian and rest-of-world adults.***

***For complete survey results, please contact Lisa Pieretti at 215-351-9050 or [ljp@SweatHelp.org](mailto:ljp@SweatHelp.org)***

#### ***Experiences with Sweating***

- ◆ **Constant excessive sweating is a common experience for the majority of adults that responded to the IHHS survey.**
  - Four out of five total adults (80%) responded that they sweat almost all of the time or all of the time
  - Nearly all of the total respondents (98%) believe that they sweat too much
  
- ◆ **The majority of IHHS respondents have experienced negative reactions towards their sweating (e.g. have been made fun of, people openly commented on their sweating, others appeared put off-). Many adults feel that sweating is equally or more embarrassing than many other potentially embarrassing situations.**
  - More than eight out of ten total adults (86%) patients have received a negative reaction to their excessive sweating
  - The majority of total adults who sweat excessively think hyperhidrosis is equally or more embarrassing than many other potentially stressful situations, including having stage fright (92%), burping (87%), finding one's fly is open (85%); or equal to other potentially stressful situations, including having gas (81%), having bad breath (90%), having severe acne (84%), losing one's hair (83%), being obese (81%), or having body odor (85%)

#### **Knowledge and Communication**

- ◆ **A large number of total respondents (63%) perceive that hyperhidrosis is a condition that can be treated by a doctor, and four out of five (82%) of people who feel they sweat too much have actually discussed this with their doctor or health care professional.**
  - Among the nearly twenty percent that have not had this conversation, the most common reason is believing that nothing can be done about it (41%), followed by being too embarrassed (38%) and not being able to find the right doctor (32%)
  - Slightly more than half (56%) have been diagnosed with hyperhidrosis
  
- ◆ **Nearly all respondents (97%) do something to prevent or reduce their sweating.**
  - Lifestyle changes include wearing (or avoiding) certain types of clothes (73%), avoiding situations which would make them sweat (49%), showering often (36%), keeping a tissue in their hand (45%) or a towel handy (36%)
  - Nearly four out of five (72%) are using anti-perspirant to combat their excessive sweating

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