

## Test Your Knowledge of Hyperhidrosis and Sweat

1. If a person has the medical condition of hyperhidrosis (excessive sweating), their risk of skin infections increases by how much?

- A. 100%
- B. 200%
- C. 300%
- D. 0%

Answer: C

One of the tangible health impacts of living with hyperhidrosis (excessive sweating) is that risks of contracting skin infections due to fungi, bacteria or viruses increases by 300%! Know what else almost triples? Risks of experiencing depression or anxiety. The chances of getting eczema (atopic dermatitis) may also increase. Learn more about the real-world impacts of excessive sweating at [www.SweatHelp.org](http://www.SweatHelp.org).

Sources:

- Walling HW. Primary hyperhidrosis increases the risk of cutaneous infection: a case-control study of 387 patients. *J Am Acad Dermatol.* 2009 Aug;61(2):242-6. doi: 10.1016/j.jaad.2009.02.038. Epub 2009 Apr 23. PMID: 19395123.
- Bahar R, Zhou P, Liu Y, Huang Y, Phillips A, Lee TK, Su M, Yang S, Kalia S, Zhang X, Zhou Y. The prevalence of anxiety and depression in patients with or without hyperhidrosis (HH). *J Am Acad Dermatol.* 2016 Dec;75(6):1126-1133. doi: 10.1016/j.jaad.2016.07.001. Epub 2016 Aug 25. PMID: 27567033.

2. Which skin condition can have the most significant negative impact on a person's quality of life?

- A. Chronic pruritus (severely itchy skin)
- B. Hyperhidrosis
- C. Psoriasis
- D. Severe acne

Answer: B

While severe acne, psoriasis, and long-term, extreme itchiness can all be highly detrimental to an individual's quality of life, research has shown that hyperhidrosis (excessive sweating) actually results in the biggest quality of life shortfalls. Of course, *everyone* living with a serious skin condition deserves care for both their physical and

emotional health, especially because skin diseases have been shown to make a person more likely to experience depressive symptoms, social isolation, loneliness, and lower quality of life. To learn more about treatments for hyperhidrosis, specifically, click [here](#).

Sources:

- Swartling C, Naver H, Lindberg M. Botulinum A toxin improves life quality in severe primary focal hyperhidrosis. *Eur J Neurol*. 2001 May;8(3):247-52. doi: 10.1046/j.1468-1331.2001.00207.x. PMID: 11328333.
- Yew YW, Kuan AHY, Ge L, Yap CW, Heng BH (2020) Psychosocial impact of skin diseases: A population-based study. *PLoS ONE* 15(12): e0244765. <https://doi.org/10.1371/journal.pone.0244765>

3. Approximately how many sweat glands does a human have?

- A. 500-1,000
- B. 10,000-50,000
- C. 300,000-600,000
- D. 2 million - 5 million

Answer: D

Humans are covered in sweat glands and lots of them! Your 2 million to 5 million eccrine sweat glands kicked into action when you were a toddler and will be working to keep you cool for your entire life. Fun fact: even though your body shape and size changes over the years, the number of sweat glands you have does not and the condition of hyperhidrosis (or excessive sweating) is *not* related to the number of sweat glands you have, but rather to the amount of sweat those glands produce and at what rate. Wondering how much sweat is too much and how hyperhidrosis is diagnosed? Check out the typical criteria [here](#).

Source:

- Baker LB. Physiology of sweat gland function: The roles of sweating and sweat composition in human health. *Temperature (Austin)*. 2019;6(3):211-259. Published 2019 Jul 17. doi:10.1080/23328940.2019.1632145

4. Which of the following is not a “hidrosis” (sweat disorder)?

- A. Chromhidrosis
- B. Ignihidrosis
- C. Hematidrosis
- D. Hyperhidrosis

Answer: B

Thankfully, ignihidrosis, or sweating fire, is *not* a thing! [Chromhidrosis](#) (sweating in colors including yellow, green, and blue), [hematidrosis or hematohidrosis](#) (sweating blood), and [hyperhidrosis](#) (sweating in such extreme amounts that you soak clothing, damage electronics, or slip and fall) are all real medical conditions. Interested in

discovering more about unusual sweat patterns and their treatment? Check out the [International Hyperhidrosis Society website](#) and subscribe to the [SweatHelp blog](#).

5. Which of the following animals sweat? (Check all that apply)

- A. Horses
- B. Gorillas
- C. Storks
- D. Elephants

Answer: A and B

Horses and gorillas both have the ability to sweat. Like humans, horses sweat to cool themselves down. Gorillas *can* sweat, but it's not their primary form of thermoregulation. To keep their body temperatures level, gorillas use panting, like dogs do. Storks, on the other hand (uh, foot), actually poop on their legs to stay cool on hot days, and elephants decrease their thermostat by running blood through their big, flappy, thin-skinned ears. Excessive sweating or hyperhidrosis, in humans, though, is not a condition really related to temperature control. In fact, people with hyperhidrosis can sweat in extreme amounts (four or five times more than is necessary, or "normal") no matter the ambient temperature, whether they are exercising or not, and regardless of stress levels. Fortunately, there are treatments available to control these sorts of distressing levels of sweat, find out how hyperhidrosis can be managed [here](#).

6. Approximately what percentage of the population lives with the medical condition of extreme, uncontrollable, chronic sweating (or hyperhidrosis)?

- A. 1%
- B. 2%
- C. 5%

Answer: C

Approximately 5% (more specifically 4.8%) of people are affected by hyperhidrosis, defined as an excessive, uncontrollable, chronic sweating disorder. That's more than the 1% of people who have red hair, 2% who have green eyes, and 2% who have naturally blond hair. For all the latest facts and research related to sweating and hyperhidrosis, be sure to subscribe to the International Hyperhidrosis Society's [blog](#).

Source:

- Doolittle J, Walker P, Mills T, Thurston J. Hyperhidrosis: an update on prevalence and severity in the United States. Doolittle J, Walker P, Mills T, Thurston J. Hyperhidrosis: an update on prevalence and severity in the United States. *Arch Dermatol Res*. 2016;308(10):743-749. doi:10.1007/s00403-016-1697-9

7. Excessive sweating (hyperhidrosis) has been linked to higher rates of which of these conditions?

- A. Anxiety
- B. Attention deficit disorder
- C. Depression
- D. All of the above

Answer: D

In a study presented at the American Academy of Dermatology, results showed that among 500 hyperhidrosis (Hh) sufferers, 13.8% had anxiety, 12.4% had depression and 6.4% had attention deficit disorder (ADD) — all of these are rates significantly higher than those reported in the general population. For more on the potential mental health ramifications of hyperhidrosis and other burdens related to living with this condition, check out this [blog](#).

Source:

- American Academy of Dermatology, 2019 Annual Meeting, Prevalence of Anxiety, Depression and Attention Deficit Disorder (ADD) in Patients with Primary Hyperhidrosis, <https://server.aad.org/e posters/view/Abstract.aspx?id=8424>

8. Which of the following is possible using sweat?

- A. Sweat-powered radios and wearable medical sensors
- B. Stress level measurements
- C. Detecting immune responses to viral infections and other conditions
- D. All of the above

Answer: D

While blood, urine and feces are each often used to help medical teams identify infections and other illnesses in their patients, sweat is one bodily fluid that's often overlooked and, some say, underutilized. New sensors, however, are being developed to help harness the power of sweat - for both medical diagnostics and for, well, power. Visit [www.SweatHelp.org](http://www.SweatHelp.org) for more sweat-related information.

9. True or False? Dark armpits can be caused by excessive sweating (hyperhidrosis).

Answer: True

There are a number of possible reasons why someone's underarms may have darker pigment than other areas of skin. Excessive sweating or hyperhidrosis is one of them. Other possible causes are: genetics; hormones; irritation, allergic reactions or sensitivity to underarm products or shaving; an insulin related condition such as diabetes; and

4

accumulation of dead skin cells. Lightening is possible, but you'll want to talk to a healthcare provider to rule out any underlying medical conditions first. A dermatologist is then your best bet for determining which skin lightening tactics or irritation-mitigation strategies are best for your individual situation. If hyperhidrosis is the cause, [treating the excessive sweating](#) would obviously be a first step. Looking for a skin-savvy healthcare provider? Be sure to visit the International Hyperhidrosis Society's [Clinician Finder](#).

10. How much beyond what are considered "normal" sweat volumes to people with hyperhidrosis (excessive sweating) sweat?

- A. Twice as much
- B. Three times as much
- C. Four to five times as much

Answer: C

People with the medical condition of hyperhidrosis or excessive sweating often sweat four or five times *more* than what is considered "normal" or "expected" for ambient temperatures, exertion, or stress. This amount of sweating can be dripping, soaking, chilling, embarrassing, debilitating, and damaging on many levels. Fortunately, treatments are available, and the International Hyperhidrosis Society offers information and support. Learn more at [www.SweatHelp.org](http://www.SweatHelp.org).

Source:

- Hund M, Kinkelin I, Naumann M, Hamm H. Definition of axillary hyperhidrosis by gravimetric assessment. Arch Dermatol. 2002 Apr;138(4):539-41. doi: 10.1001/archderm.138.4.539. PMID: 11939828.

11. Which condition is the most common?

- A. Autism
- B. Hyperhidrosis
- C. Melanoma
- D. Peanut allergy
- E. Psoriasis

Answer: B

Hyperhidrosis (excessive sweating) has the highest prevalence rates among these conditions with hyperhidrosis impacting 4.8% of the population, autism 1.9% (of children), melanoma 2.6%, peanut allergies 1.8%, and psoriasis 3%.

Sources:

- Doolittle J, Walker P, Mills T, et al. Hyperhidrosis: an update on prevalence and severity in the United States. Arch Dermatol Res doi: 10.1007/s00403-016-1697-9. Published online October 15, 2016.
- Autism Spectrum Disorder (ASD) Data & Statistics. Centers for Disease Control and Prevention website. <https://www.cdc.gov/ncbddd/autism/data.html>. Feb. 12, 2018. Accessed Oct. 22, 2020.

- Key statistics for melanoma skin cancer. American Cancer Society website. <https://www.cancer.org/cancer/melanoma-skin-cancer/about/key-statistics.html>. Jan 8, 2020. Accessed Oct. 22, 2020
- Food allergy facts and statistics. Food Allergy Research & Education website. <https://www.foodallergy.org/resources/facts-and-statistics>. Accessed Oct. 22, 2020.
- Psoriasis Statistics. National Psoriasis Foundation website. <https://www.psoriasis.org/psoriasis-statistics/>. Oct. 8, 2020. Accessed Oct. 22, 2020.

November is Hyperhidrosis Awareness Month. Get comprehensive diagnosis, treatment, and coverage/reimbursement information through the International Hyperhidrosis Society at [www.SweatHelp.org](http://www.SweatHelp.org). Get involved on: Facebook @SweatingStopsHere, X @WeKnowSweat, and Instagram @WeKnowSweat. Find us on [YouTube](#).