



Sweating Spell Check

Unusual words pop up when we talk about excessive sweating and its treatment, and many of them are tricky to spell - even for experts like us.

How does your sweat spelling stack up? Take our quiz and find out.

Select the correct American English spelling of the excessive sweating-related word from the options provided.

1.
 - A. Hyperhydrosis
 - B. Hiperhidrosis
 - C. Hyperhidrosis

Answer: C

[Hyperhidrosis](#) is the medical condition of excessive sweating. Hyperhidrosis represents a level of sweating that is beyond what is considered necessary or “normal” to maintain a healthy body temperature or as a reaction to stress or exercise. This amount of sweating is often uncomfortable, uncontrollable, embarrassing, noticeable to others, and anxiety-producing. It typically strikes in unexpected episodes and at [focal spots](#) on the body such as the underarms, hands, feet, face/scalp, groin, or combinations of these.

2.
 - A. Iontoforesis
 - B. Iontophoresis
 - C. Ionophoresis

Answer: B

[Iontophoresis](#) is a long-standing treatment for hyperhidrosis that is most often used to treat the hands and or feet but may also be used for the underarms. During iontophoresis, a medical device is used to pass a mild electrical current through water (usually using shallow pans for hands or feet or specific pads for other body areas) and through the skin's surface. There are no significant or serious side effects and the

benefits are long-term, provided you keep up with the maintenance schedule your healthcare provider recommends (usually ½ hour, once per week).

3.
A. Anticolinerbic
B. Anticolonerbic
C. Anticholinerbic

Answer: C

Anticholinergics are a class of [medicines](#) that can be taken by mouth as a treatment for hyperhidrosis. The medications work in a variety of ways to systemically limit sweating. They do this by helping to prevent the stimulation of sweat glands and, thus, decreasing overall sweating. The medications are best used in combination with other [treatments](#) to optimize their benefits and minimize side effects. In addition to being used as part of hyperhidrosis treatment, anticholinergics are also commonly used to treat an overactive bladder.

4.
A. Oxybutynin
B. Oxibutynin
C. Oxibutnin

Answer: A

Oxybutynin is an anticholinergic [medication](#) that is often prescribed to help lessen excessive sweating. The medication is taken by mouth. Like other anticholinergics, oxybutynin is often most helpful if it is used in combination with other [treatment options](#). Oxybutynin is also commonly used to treat overactive bladder.

5.
A. Glycopyrrolate
B. Glycopirrolate
C. Glycopylate

Answer: A

Glycopyrrolate, like oxybutynin, is an [anticholinergic medication](#) often prescribed to be taken by mouth to help control hyperhidrosis. It's also sometimes used to inhibit salivary glands and respiratory secretions. More recently, a form of glycopyrrolate has been introduced as a topical ingredient (to be used on top of the skin) in a prescription product used to treat underarm excessive sweating.

6.
A. Qbrexa
B. Qbrezza
C. Qbreza

Answer: B

[Qbrezza](#) is a prescription treatment for underarm excessive sweating that is applied once per day to the underarms. The medication comes in individually packaged topical wipes or “cloths.” One wipe is intended for two underarms. The treatment works by blocking receptors responsible for sweat gland activation. The active ingredient in Qbrezza is glycopyrronium tosylate, an [anticholinergic](#) formulation.

7.
A. Onabotulinumtoxin
B. Onobotulinumtoxin
C. Onabotalinumtoxin

Answer: A

More commonly known by the brand name Botox®, [onabotulinumtoxin](#) (or onabotulinumtoxinA) is an injectable medication used to treat excessive sweating as well as wrinkles, migraines, crossed eyes, overactive bladder, excessive muscle contractions, and more. Onabotulinumtoxin injections are most commonly used to treat excessive sweating of the face/scalp, underarms, hands, and other small-ish body areas. Feet can be treated with onabotulinumtoxin, but satisfaction rates among patients for this use are not as high as for face/scalp, underarms, or hands. Because the onabotulinumtoxin injection technique to treat hyperhidrosis requires skill, patients should seek an [experienced practitioner](#). Other brand names for botulinum toxin type A are Dysport® and Xeomin® and these can be used to treat hyperhidrosis, too.

8.
A. Aluminum chloride hexhydrate
B. Aluminum chloride hexihydratre
C. Aluminum chloride hexahydrate

Answer: C

Aluminum chloride hexahydrate is an inorganic salt compound and the strongest [antiperspirant](#) active ingredient on the market. It’s used in prescription antiperspirants (like Drysol) at higher concentrations and can be found in lower concentrations in certain over-the-counter antiperspirants like Certain Dri Prescription Strength. Aluminum chloride hexahydrate is a preferred ingredient for hyperhidrosis-focused antiperspirants because it’s a smaller molecule and can penetrate the sweat duct more effectively than

other aluminum compounds. For best results, apply antiperspirants to completely dry skin, at night before bed. Avoid applying after shaving.

Congratulations! You completed the Sweating Spell Check. You've mastered the trickiest words in the hyperhidrosis lexicon. Share this quiz with your friends and help us raise hyperhidrosis awareness all month long.

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