Hyperhidrosis Affects Multiple Focal Areas and Is Undertreated in Pediatric Sufferers: Survey Results from Population of >500 Children and Adolescents (Ages 6-18)

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PURPOSE

• Primary focal hyperhidrosis is characterized by excessive and uncontrollable sweating beyond what is necessary for thermal regulation; the condition affects an estimated 3% of the total U.S. population and approximately 2% of those under the age of 13.

• The condition is associated with a significant quality of life burden; no other survey in the U.S. showed that 19% of teens have experienced excessive sweating, and nearly 75% reported their symptoms led to moderate or major daily impairment.

• Though onset typically occurs during childhood/adolescence, the condition is underestimated and undertreated; further, the impact of the disease in pediatric patients is not well characterized.

• Together with the International Hyperhidrosis Society (IHhS), this author team is engaged in a collaborative effort to characterize the experiences of pediatric sufferers.

METHODS

Quantitative Study

• The 40-minute online survey was informed by earlier qualitative interview and focus group data and was approved by an institutional review board.

• Participants were recruited through a third-party market research panel and the IHhS, and respondents were not often discussed with survey respondents, and an even fewer respondents reported excessive sweating at multiple focal areas, which is an important and novel insight in this population.

• Increased disease severity was associated with greater depression and anxiety.

• These observations together with the low percentage receiving hyperhidrosis treatment despite worries concerning with health care providers underscores the need for diagnosis and adequate treatment to decrease unnecessary suffering.

• Findings reported here provide valuable insights in the current needs and experiences of pediatric sufferers of primary hyperhidrosis, a population that is currently understudied.

CONCLUSIONS

KEY RESULTS

• Nearly all participants (97%) described sweating in multiple focal areas, with axillary and palmar sweating most frequently reported (Figure 1).

• Most respondents indicated moderate or severe sweating, with severity increasing by age and years since symptom onset (Figure 2).

• Mean anxiety (GAD-7) and depression (PHQ-9) scores were highest in quantitative survey participants who perceived their sweating as severe (Figure 3).

• In this pediatric survey population, most respondents reported excessive sweating at multiple focal areas, which is an important and novel insight in this population.

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• Findings reported here provide valuable insights in the current needs and experiences of pediatric sufferers of primary hyperhidrosis, a population that is currently understudied.

REFERENCES


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