



## **365 Million People Worldwide Live with Hyperhidrosis**

### **An Underserved Medical Condition (27% of Adults NEVER diagnosed!) Excessive Sweating Nearly TRIPLES Anxiety & Depression Risks**

Pipersville, PA, Nov. 1, 2021 – November is [Hyperhidrosis Awareness Month!](#)

[Hyperhidrosis](#) (Hh) affects more than 365 million people worldwide, causing them to sweat four or five times more than what's considered "normal," "natural" or necessary as a reaction to temperature, exertion or stress.

The impacts of this volume of (uncontrollable and unpredictable!) sweating range from:

- Feelings of intense discomfort due to wet clothing, dripping perspiration, slippery skin, and chilling dampness, to...
- Stigma, embarrassment and significantly increased risks of depression, anxiety and attention deficit disorder.

So, with all the documented physical, functional, social, and emotional consequences of Hh, why isn't it given much attention or resources? Especially considering that Hh is *more common than melanoma, psoriasis, and peanut allergies?* And why are there so many myths and misunderstandings about it?

Together with its community, the [International Hyperhidrosis Society](#) (IHhS) is working to address these serious barriers and lift hyperhidrosis out of hiding.

IHhS is also calling upon others to join them during November's Hyperhidrosis Awareness Month to spread the word that hyperhidrosis (excessive sweating) is a serious medical condition deserving of serious attention.

#### **Here's how:**

All month, share powerful facts about hyperhidrosis and the International Hyperhidrosis Society through social media accounts, emails, and interactions with friends, family, [healthcare providers](#), and others.

A fun, easy way to participate is to take and share the **3** interactive quizzes covering key facts about [sweat](#), Hh, [treatments](#), and more that IHhS is going to post. Show your smarts, learn useful new things, see how responses compare to others, and pass it on!

### Save the dates:

- **November 18<sup>th</sup>**: The International Hyperhidrosis Society is hosting a live AMA (Ask Me Anything) about [miraDry](#)! More information and a registration announcement to come.
- **November 22<sup>nd</sup>**: IHhS' first annual Opinion Poll! It will be a chance for the hyperhidrosis community to speak up and be heard. Watch for the invitation via email.

And throughout November be sure to frequently check the IHhS website, [www.SweatHelp.org](http://www.SweatHelp.org), and IHhS' social media for more chances to participate:

- Facebook [@SweatingStopsHere](#)
- Twitter [@WeKnowSweat](#), and
- Instagram [@WeKnowSweat](#).

We thank the 2021 sponsors, individual [donors](#), and all who are supporting the global #HyperhidrosisAwarenessMonth: [miraDry, Inc](#), [Brickell Biotech, Inc](#), and [ZeroSweat](#). #KnowSweat #KnowSweat2021

### About the International Hyperhidrosis Society

The [International Hyperhidrosis Society](#) (IHhS) was founded in 2003 by a team of dedicated advocates working alongside physicians respected worldwide for achievements in hyperhidrosis research and treatment. Today, IHhS remains the only independent, non-profit, global organization striving to improve quality of life among those affected by excessive sweating (as well as helping those with [other sweat disorders](#).) IHhS' mission focuses on reducing the symptoms, anxiety and social stigma associated with sweating problems. Its programs aim to improve hyperhidrosis and sweat awareness, education, research, and advocacy. Visit us often to learn more, to stay up-to-date with related news via the IHhS [blog](#), to search a sweating-focused healthcare provider [registry](#), and access related [podcasts](#) and [videos](#). Connect on Facebook [@SweatingStopsHere](#), Twitter [@WeKnowSweat](#) and Instagram [@WeKnowSweat](#). You can also find the International Hyperhidrosis Society on [YouTube](#) and wherever you enjoy [podcasts](#).

## About Hyperhidrosis

[Hyperhidrosis](#) is a medical condition that affects approximately 4.8% of the population. It manifests as extreme, uncontrollable sweating beyond what's considered "normal" or necessary as a reaction to heat, exercise or stress. Hyperhidrosis also:

- Usually begins during childhood or adolescence.
- Causes sweat to drip down elbows, off fingers, into the eyes, and more.
- Drenches and damages shoes, clothes, papers, and mainstay tech tools like smartphones.
- Arises unexpectedly, often with disabling symptoms that last for hours.
- Forces people to develop time-consuming and expensive routines of hiding, avoiding, drying, absorbing, and more – all in an attempt to live a "normal" life.
- Leads to sufferers feeling cold, slippery, anxious, or emotionally drained.
- Has negative quality-of-life impacts equal to or greater than severe acne & psoriasis.
- Increases risk of skin infections by 300%.
- Is associated with much higher rates of anxiety & depression.
- Is stigmatized while being under-recognized, under-diagnosed, and under-treated.

Indeed, only 1 in 4 hyperhidrosis sufferers is ever diagnosed and fewer are cared for effectively with up-to-date best practices.

But there is hope. [Treatment options](#) have improved and expanded in recent years and, by working with a knowledgeable [healthcare provider](#), most sufferers *can* find significant relief. It starts with awareness-building and seeking help, like what's available via the [International Hyperhidrosis Society](#).

### Contact:

Christine A. Fleckenstein  
Community Support & Operations  
International Hyperhidrosis Society  
Christine@SweatHelp.org