



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

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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