

Election Anxiety? Stress Sweat Stinks: Here's What To Do About It

The International Hyperhidrosis Society explains how to beat B.O. at the polls.

Pipersville, PA, Oct 29, 2020 (GLOBE NEWSWIRE) – The U.S. presidential election, the pandemic, and more. There is a lot to be stressed about these days and, unfortunately, that can mean more body odor, too.

Since November is Hyperhidrosis (Excessive Sweating) Awareness Month, the International Hyperhidrosis Society is raising awareness about how to combat not only excessive sweating, but also sweat odor – a problem that impacts nearly everyone.

The sweat the body produces under stress is smellier than the sweat produced when one is working outside or exercising.

The human body has two different kinds of sweat glands, eccrine and apocrine. Eccrine glands produce the watery sweat needed to keep cool in hot weather and during exercise. This type of sweat begins after a slight warm-up period and tends to be odorless because it is composed mostly of water. Eccrine sweat glands are located all over your body, but especially on the soles of the feet, the palms, the forehead, the cheeks, and in the armpits.

Apocrine sweat glands are found mostly in the underarm area, genital area, and on the feet. Apocrine glands produce a thick, viscous fluid and respond immediately to stress – no warm-up period required – to produce sweat that is full of proteins and lipids. The bacteria that naturally inhabit the surface of the skin love to feed and grow where there are proteins and lipids. And where there is bacterial growth, there's **odor**.

To help deal with stress sweat and resulting smelliness:

- Wash regularly with an antibacterial soap.
- Use an [antiperspirant with a deodorant](#) at least once per day, preferably at night before bed. Consider stronger antiperspirants such as “clinical strength” [options](#). To help avoid skin irritation, make sure underarms are dry before application.
- Remove hair from areas where odor is an issue. This helps reduce bacterial growth on the hair shaft and, therefore, helps to also reduce odor.
- Keep odiferous body areas dry. Antiperspirants and hair removal help with this, so can frequent clothing changes.
- Sometimes adjustments in diet are useful.

If odor continues to be a problem, talk to a knowledgeable [healthcare provider](#). [Treatment options](#) that tackle unwanted sweating can fight body odor, too. Strong [antiperspirants with deodorants](#), [iontophoresis](#), [botulinum toxin injections](#) and an in-office procedure using a device called [miraDry](#) are good examples. Newer treatments like [Qbrexza](#) could also help.

Of course, lowering stress can also be a game-changer. Consider calming [apps](#) for [smart phones](#), setting aside just one time period per day (preferably NOT before bed) to catch up on the news rather than consuming social media etc. all day long, enjoying stress relieving exercise (especially outdoors), keeping a journal, and prioritizing quality [sleep](#).

November is Hyperhidrosis Awareness Month. Learn more and find comprehensive diagnosis, treatment, and coverage/reimbursement information through the International Hyperhidrosis Society at [SweatHelp.org](#). Get involved on: Facebook [@SweatingStopsHere](#), Twitter [@WeKnowSweat](#), and Instagram [@WeKnowSweat](#).

The International Hyperhidrosis Society acknowledges the generosity of individual donors and Dermira Inc. (a wholly-owned subsidiary of Eli Lilly and Company) whose support has helped make our 2020 Hyperhidrosis Awareness Month initiatives possible.

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:

Angela Ballard, RN
International Hyperhidrosis Society
AngelaRN@SweatHelp.org