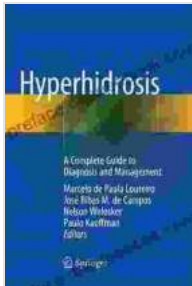


Hyperhidrosis: Complete Guide to Diagnosis and Management



Hyperhidrosis: A Complete Guide to Diagnosis and Management by Giuseppe Badaracco

★★★★★ 5 out of 5

Language : English
File size : 18356 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Print length : 302 pages
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Hyperhidrosis is a condition characterized by excessive sweating. It can be a debilitating condition that affects both physical and mental health.

There are two main types of hyperhidrosis:

- **Primary hyperhidrosis** is a condition that is not caused by an underlying medical condition.
- **Secondary hyperhidrosis** is a condition that is caused by an underlying medical condition, such as thyroid disease, diabetes, or menopause.

Hyperhidrosis can affect any part of the body, but it is most common in the hands, feet, underarms, and face.

Symptoms of Hyperhidrosis

The symptoms of hyperhidrosis can vary from person to person. However, some of the most common symptoms include:

- Excessive sweating that is not caused by heat or exercise
- Sweating that is so severe that it interferes with daily activities
- Sweating that causes social embarrassment or anxiety
- Skin irritation or rashes
- Foot odor

Diagnosis of Hyperhidrosis

The diagnosis of hyperhidrosis is based on a physical examination and a medical history. Your doctor may also order some tests to rule out other medical conditions that may be causing the sweating.

Some of the tests that may be used to diagnose hyperhidrosis include:

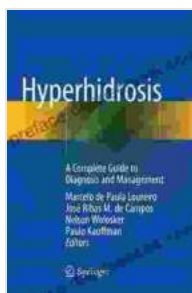
- **Starch-iodine test:** This test involves rubbing iodine on the skin and then sprinkling starch on the area. The starch will turn blue in areas where there is excessive sweating.
- **Gravimetric test:** This test measures the amount of sweat produced over a period of time.
- **Thermography:** This test uses a special camera to measure the temperature of the skin. Areas of excessive sweating will appear warmer on the thermography image.

Management of Hyperhidrosis

The management of hyperhidrosis depends on the severity of the condition and the underlying cause. Some of the most common treatments for hyperhidrosis include:

- **Antiperspirants:** Antiperspirants are over-the-counter products that can help to reduce sweating. They work by blocking the sweat glands.
- **Deodorants:** Deodorants are over-the-counter products that can help to control odor. They do not block the sweat glands.
- **Botox injections:** Botox injections can help to block the nerve signals that trigger sweating. They are typically used to treat excessive sweating in the underarms, hands, and feet.
- **Iontophoresis:** Iontophoresis is a procedure that uses electrical currents to block the sweat glands. It is typically used to treat excessive sweating in the hands and feet.
- **Surgery:** Surgery is an option for people who do not respond to other treatments. There are two main types of surgery for hyperhidrosis: sympathectomy and axillary denervation.

Hyperhidrosis is a condition that can have a significant impact on a person's quality of life. However, there are a number of treatments available that can help to manage the condition. If you are experiencing excessive sweating, talk to your doctor about the best treatment options for you.



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