



PFDD Webcast Live Chat Comments

(12:17 PM) **Webcast Participant:** Hey how are you ?

(12:19 PM) **IHhS Moderator:** great

(11:42 PM) **Webcast Participant:** Thank you so much for sharing this important topic...looking forward to hearing the experts discuss this disorder which I have

(2:30 AM) **Webcast Participant:** Hi

(7:02 AM) **Webcast Participant:** Hello

(7:19 AM) **Webcast Participant:** I am particularly interested in excessive sweating of the scalp and face. I am feeling very hopeless.

(7:26 AM) **Webcast Participant:** Greetings

(7:28 AM) **Webcast Participant:** Good morning. Like Webcast Participant. I'm also especially interested in excessive sweating of the scalp and face and have suffered from this for several years.

(7:28 AM) **Webcast Participant:** happy to see others joined. my hyperhidrosis is in my hands and feet. 25 y/o. had since i was about 5yo

(7:30 AM) **Webcast Participant:** Love seeing this get attention. I first noticed around 3rd grade, (40 now). It's such a misearable condition. I'm sure I've met people that suffer with it too, but you'd never know because no one talks about it

(7:33 AM) **IHhS Moderator:** Welcome all we are excited to have you all here!

(7:39 AM) **Webcast Participant:** Good morning

(7:39 AM) **Webcast Participant:** Its so good to know there are others out there who understand us & Are ready to help! cheers from india

(7:42 AM) **Webcast Participant:** YES--scalp and face! My hair smells like sweat and drips and I can't wear makeu--up.I do take glycopyrrolate 2 mg 2X daily. It stops the sweating, but the side effects are decrease in urination and dry throat. I still feel hot--but no sweat. So I use it only 24 hours in advance of events.

(7:45 AM) **Webcast Participant:** glycopyrrolate 2x and 3x a day didnt work for my hyperhidrosis in my hands and feet and i was really bummed about it. dry throat /scratchy voice was my main side effect taking it. also i did get headaches and muscle cramping when i went to the gym while on this medicine. (it didnt stop the sweating so thats why i was in the gym ☺)

(7:47 AM) **Webcast Participant:** So so happy about this event. I feel "finally, I'm among my people". When I first discovered the International Hyperhidrosis society, about two years ago, I cried.

(7:48 AM) **Webcast Participant:** I am surprised by how many young people in the film clip. My hope is that young = energy on this subject!

(7:48 AM) **Webcast Participant:** I'm from Portugal, lived some time in Africa and now in Israel. I have suffered from Hh since my very early teens.

(7:48 AM) **Webcast Participant:** Hi Everyone!

(7:48 AM) **Webcast Participant:** Hello from Seattle! Bright and early on the west coast!

(7:48 AM) **Webcast Participant:** (Hi!)

(7:49 AM) **Webcast Participant:** Hello everyone. I'm hear to help understand and support my teenage daughter who has palmer hyperhidrosis. I'm from Northern VA

(7:49 AM) **Webcast Participant:** Hi!

(7:50 AM) **Webcast Participant:** Just today I'm having a very difficult day (to the point that I am actually feeling emotional). I've showered three times in the last 18 hours. I'm going to need to shower again in about 2 hours, before I go to a dinner and, depending on the dinner, I may need to shower a fifth time before going to sleep. And in between showers I'm not even fresh - within minutes I'm both sticky and smelly unfortunately. Right now I've locked myself in a meeting room in my office, to be away from everyone else until the end of the day

(7:50 AM) **Webcast Participant:** Hi Everyone!

(7:50 AM) **Webcast Participant:** Hi everyone!

(7:50 AM) **Webcast Participant:** I have done it all!! Topical, Botox, Surgery and Oxybutinin! I have full body and not happy. This meeting is going to be amazing! Glad to know I am not alone in this!!!

(7:50 AM) **Webcast Participant:** Hi. Does the meeting start soon?

(7:51 AM) **Webcast Participant:** Hey, I'm from Scotland and I have HH in my underarms, hands and feet. Literally can't believe this event is happening and theres so such support out there.

(7:51 AM) **Webcast Participant:** Glycopyrrolate didn't do much for me, neither did iontophoresis. However, I've had some success with applying antiperspirant gel deodorant directly to the hands and feel just like you do with lotion.

(7:51 AM) **Webcast Participant:** No one is alone ... we may suffer differently but you are NOT alone

(7:51 AM) **Webcast Participant:** Guys, how long till the start?

(7:51 AM) **Webcast Participant:** I feel the exact same way as you do!!

(7:52 AM) **Webcast Participant:** We will figure this out and our lives will be normal again soon!!

(7:52 AM) **Webcast Participant:** Try downloading the agenda (see below the chat). It seems to indicate that it starts in 8 minutes

(7:52 AM) **Webcast Participant:** I believe 9am Eastern

(7:52 AM) **Webcast Participant:** Thanks

(7:52 AM) **Webcast Participant:** Good Morning. I have suffered from hyperhidrosis (axilla and feet since I was a young child (to be 60yrs now). Back then they had nothing to help. my mother used to sew arm gaurds in my clothing. very isolating and embarrassing

(7:52 AM) **Webcast Participant:** I am 60 and have suffered since I was 12!

(7:52 AM) **Webcast Participant:** The photos we are seeing look so great, don't they? This looks really professional.

(7:52 AM) **Webcast Participant:** I didn't know because I live in Australia, and the timing is different. It's midnight here.

(7:53 AM) **Webcast Participant:** It's underarm and facial HH for me.....underarm, I can somehow manage.....the face is an entirely different story.....hope this meeting helps

(7:53 AM) **Webcast Participant:** I have suffered since 8 years old.

(7:53 AM) **Webcast Participant:** 6 am here on the west coast of the US

(7:53 AM) **Webcast Participant:** Oh man, love some of these photos where people are purposefully hiding their underarms and greeting each other with bumps, with a big smile. Makes me feel connected to them

(7:53 AM) **Webcast Participant:** Me too!

(7:54 AM) **Webcast Participant:** I've avoid the surgery because of its high risk, and high rate of compensatory sweating.

(7:54 AM) **Webcast Participant:** Same here.

(7:54 AM) **Webcast Participant:** I'm now taking a product called Dermidry. I have head and facial hydrosis. I have seen results since using this.

(7:54 AM) **Webcast Participant:** I am with you Botox worked but now too expensive for me

(7:54 AM) **Webcast Participant:** Forget the under arm pads and all that stuff. We just need to breath

(7:54 AM) **Webcast Participant:** I'd love surgery but scary!

(7:54 AM) **Webcast Participant:** And probably costly!

(7:54 AM) **Webcast Participant:** Is there any way to record this webcast? Unfortunately I'll have to leave before it's over

(7:54 AM) **Webcast Participant:** i live in a small town in south texas and NONE of the DRs i have seen, knew how to help me. everything i tried i researched on my own.

(7:55 AM) **Webcast Participant:** I have a feeling they may send something out

(7:55 AM) **Webcast Participant:** Botox was great, but unrealistic to keep up with due to cost

(7:55 AM) **Webcast Participant:** Agreed. I want a solution to the cause - not a minor remedy of the symptom

(7:55 AM) **Webcast Participant:** If I could reach out and hug all of you right now

(7:55 AM) **Webcast Participant:** Wow! It must have been difficult to be suffering it for so long.

(7:55 AM) **Webcast Participant:** I bought an iontophoresis machine, have had a lot of success with that

(7:55 AM) **Webcast Participant:** The surgery I had was auxillary sweat gland removal....no risks just the chance of the sweat glands growing back. It actually has worked wonders for most

(7:55 AM) **Webcast Participant:** yes- why does this even happen to us!

(7:55 AM) **Webcast Participant:** Yes, so I am glad fonally something!

(7:56 AM) **Webcast Participant:** For which areas ?

(7:56 AM) **Webcast Participant:** That's great to know that they may send out something. Please ask them to :-) I would watch it all very carefully

(7:56 AM) **Webcast Participant:** We will

(7:56 AM) **Webcast Participant:** I send you a gigantic virtual hug!!!! We will figure this out

(7:56 AM) **Webcast Participant:** It says that this event will be recorded and available on sweathelp.org. Glad of that because I may not be able to stay for the full 3+ hours

(7:56 AM) **Webcast Participant:** Webcast Participant, hands and feet

(7:56 AM) **Webcast Participant:** I did a show on my local news with my doctor on this ...

(7:57 AM) **Webcast Participant:** Typing while wearing my gloves.....this is a kodak moment but you all know what I feel which is amazing!

(7:57 AM) **Webcast Participant:** Do you have a URL I can of that?

(7:57 AM) **Webcast Participant:** I purposely stay in workout clothes because I sweat SO much and people expect it that way! Boo

(7:57 AM) **Webcast Participant:** I've become master of the fist bump. It is awkward sometimes in business situations. Sometimes the dreaded handshake is unavoidable.

(7:57 AM) **Webcast Participant:** Thanks for letting us know.

(7:57 AM) **Webcast Participant:** Thanks

(7:57 AM) **Webcast Participant:** I'm 100% with you!!!!

(7:57 AM) **Webcast Participant:** Ha, I Know the crazy stuff we do to work with it!

(7:57 AM) **Webcast Participant:** I'm literally getting emotional being here with people who understand my struggle

(7:58 AM) **Webcast Participant:** i have one also. iontophoresis worked for me for the first month and ever since then, ive had a difficult time with it working again. hands and feet. its a little irritating, and time consuming. worth it for the most part.

(7:58 AM) **Webcast Participant:** I wear lots od cotton

(7:58 AM) **Webcast Participant:** Love you all. We'll work through this. IHS is doing an incredible job

(7:58 AM) **Webcast Participant:** Does anyone else's hands/fingers turn red when they sweat. Also, who else is part of reddit.com/r/hyperhidrosis?

(7:58 AM) **Webcast Participant:** (anyone else struggling with the video? It's buffering for me now)

(7:58 AM) **Webcast Participant:** Have you tried botox in just the one hand? I do it every 6 months and atleast then I dont have to worry about ppl shaking a wet fish!

(7:58 AM) **Webcast Participant:** Omg local news?! That's AWESOME! How'd that go?!?

(7:58 AM) **Webcast Participant:** I don't have the thing with the fingers - but I have subscribed to that subreddit!

(7:59 AM) **Webcast Participant:** Really well .. I just spoke my truth

(7:59 AM) **Webcast Participant:** I need to try that on my hands!

(7:59 AM) **Webcast Participant:** I frequent it.

(7:59 AM) **Webcast Participant:** My hands actually swell depending on how much i am sweating/wiping my hands down. my feet also

(7:59 AM) **Webcast Participant:** Isn't botox very expensive. Here in Australia its \$850 per hand

(7:59 AM) **Webcast Participant:** My goodness! But they get red as well? Because that always happens to me. Very embarssing

(7:59 AM) **Webcast Participant:** Allegran will defray some of the cost

(8:00 AM) **Webcast Participant:** I have high deductible insurance, had to pay \$5000 in one year for botox

(8:00 AM) **Webcast Participant:** What do I have to do that?

(8:00 AM) **Webcast Participant:** I'm twice unlucky: not only do I suffer from Hh, but my body odour is also very strong. I've tried every trick under the sun for the odour: nutrition, clothing, lifestyle, you name it. Nothing has really worked.

(8:00 AM) **Webcast Participant:** Yes I have red feet and hands. even had a ffew ppl ask me what is wrong with my feet. Not nice. I actually love Irish spring soap bars....they dry everything out (which is not the best feeling) but helps a bit

(8:00 AM) **Webcast Participant:** Ugh I hear you. I can't get again because I can't afford it right now

(8:00 AM) **Webcast Participant:** how do I get that in Austrlaia?

(8:00 AM) **Webcast Participant:** botox for hyperhidrosis has always been covered because it is considered a medical condition. does require precertification though through your insurance company

(8:00 AM) **Webcast Participant:** Thanks for the tip.

(8:01 AM) **Webcast Participant:** Can you tell what INs. Co? I had Aetna

(8:01 AM) **Webcast Participant:** Do you know why none of the badges in the photos read "Patient/Sufferer"? Or are patients listed as experts? :-)

(8:01 AM) **Webcast Participant:** Yes theyre definitely red. My insurance wouldnt cover botox for my hands or feet, only under arms. Its very expensive

(8:01 AM) **Webcast Participant:** Try the irish spring soap bars. they are like a deoderant and will definitely help with that sour smell

(8:01 AM) **Webcast Participant:** Shouldn't the event be starting now?

(8:01 AM) **Webcast Participant:** I, it's covered, but still deductible and copay. over 5K for me

(8:01 AM) **Webcast Participant:** Maybe they don't want to call people out?

(8:01 AM) **Webcast Participant:** will definitely look into irish spring soap bars. Had never heard of them but will look into it

(8:01 AM) **Webcast Participant:** I've been having some success with antiperspirant gel applied to the hands, so I'm going to stick with that for now. Also I try to limit my intake of sugary foods. Also high carb foods such as potatoes and pasta tend to set it off, so I try to limit those also.

(8:02 AM) **Webcast Participant:** great. Love it.

(8:02 AM) **Webcast Participant:**

(8:02 AM) **Webcast Participant:** I live in Canada and the governemtn now rrecognizes HH as a medical condition so they help cover the cost of botox

(8:02 AM) **Webcast Participant:** Ugh, I hate being called out for it like you think I don't know my hands are sweaty???

(8:02 AM) **Webcast Participant:** when you avoid high carb foods, how effecitve is that in helping your Hh?

(8:02 AM) **Webcast Participant:** which gel antiperspirant seems to help?

(8:02 AM) **Webcast Participant:** used to work for Aetna. It is covered. requires precertification by the Dr office that is prescribing.

(8:02 AM) **Webcast Participant:** Webcast Participant...my whole life!

(8:03 AM) **Webcast Participant:** RE: food and sweating. If I limit food intake, it helps a lot with the sweating.

(8:03 AM) **Webcast Participant:** calorie restriction

(8:03 AM) **Webcast Participant:** Yes, I don't have the, anymore :(

(8:03 AM) **Webcast Participant:** Story of my life

(8:03 AM) **Webcast Participant:** secret clinical deoderant unscented is awesome!!!!!!

(8:03 AM) **Webcast Participant:** Guys, shouldn't this have started already?

(8:03 AM) **Webcast Participant:** Its so great to finally be able to speak to people and listen to everyone stories. No one can understand what we go through unless they too are this condition.

(8:03 AM) **Webcast Participant:** This is great just for the tips!

(8:03 AM) **Webcast Participant:** I tried the antiperspirants listed in the IHS website, but after a while I formed lumps in my armpits!!! I stopped using them and the lumps went away. I tried them again and the lumps came back. (For what it's worth, I'm male)

(8:04 AM) **Webcast Participant:** does it work on hands too?

(8:04 AM) **Webcast Participant:** Is it starting at 9 central time?

(8:04 AM) **Webcast Participant:** My brother had this as well so it is hereditary I hear

(8:04 AM) **IHhS Moderator:** We will starting shortly!!

(8:04 AM) **Webcast Participant:** eastern time

(8:04 AM) **Webcast Participant:** Oh I use the Irish spring soap bar for evertthing. I carry it in a case and whenever i go to the washroom I wash my hands with it

(8:04 AM) **Webcast Participant:** Cait are you physically there?

(8:04 AM) **Webcast Participant:** Thanks Cait. Are you part of the organisation of the event?

(8:05 AM) **Webcast Participant:** and males can use the secret clinical deo as well!!!

(8:05 AM) **Webcast Participant:** my video isnt working very well

(8:05 AM) **Webcast Participant:** Hello, did this start yet, or is everyone hearing music?

(8:05 AM) **Webcast Participant:** here is my email if anyone ever wants to chat.....this is amazing!!!!

(8:05 AM) **IHhS Moderator:** I am here! As an IHS advocate and webcast moderator

(8:05 AM) **Webcast Participant:** What's this irish thing ?

(8:05 AM) **Webcast Participant:** Not yet.

(8:05 AM) **Webcast Participant:** One thing that stands out is that none of us are needing to explain to the others what it's like to suffer from Hh. We understand each other very well in that sense. We're just sharing our conditions. That's great how we understand each other.

(8:05 AM) **Webcast Participant:** I'm hearing music

(8:06 AM) **Webcast Participant:** Yes! We are all over the world

(8:06 AM) **Webcast Participant:** Avoidance of high carb foods seems to help me a little. However, since using antiperspirant on my handsite and feet, I haven't had to be so careful with my diet.

(8:06 AM) **Webcast Participant:** i will send you an email :)

(8:06 AM) **Webcast Participant:** Yaaaay starting!

(8:06 AM) **Webcast Participant:** Thanks

(8:06 AM) **Webcast Participant:** My video is buffering. Thanks I might take you up on that.

(8:06 AM) **Webcast Participant:** Irish spring is a bar of soap
(8:06 AM) **Webcast Participant:** Good morning!!! Very excited :)
(8:07 AM) **Webcast Participant:** It's starting guys~ But there's no sound??
(8:07 AM) **Webcast Participant:** Try refreshing the page
(8:07 AM) **Webcast Participant:** Yayyy Lisa!
(8:07 AM) **Webcast Participant:** Thank you!! All!! I'm hands, feet, armpits... basically everywhere! You all rock!
(8:07 AM) **IHhS Moderator:** Working on it
(8:07 AM) **Webcast Participant:** Okay
(8:07 AM) **Webcast Participant:** I use drysol on my feet. No irritation like under arms
(8:07 AM) **Webcast Participant:** we are here together!! this is awesome!!!!
(8:07 AM) **Webcast Participant:** same. keeps buffering, no sound. i refreshed the page.
(8:07 AM) **IHhS Moderator:** All can hear?
(8:08 AM) **Webcast Participant:** Oh man - clapping for Caryn!
(8:08 AM) **Webcast Participant:** drysol also didnt work for me. hands nor feet. ☹️
(8:08 AM) **Webcast Participant:** Working now. Just refresh and make sure all your volume things I turned on!!!
(8:08 AM) **Webcast Participant:** I can hear and see perfectly
(8:08 AM) **Webcast Participant:** refresh the page
(8:08 AM) **Webcast Participant:** I am good
(8:08 AM) **Webcast Participant:** I am tearing with happiness just hearing that I am not alone
(8:08 AM) **Webcast Participant:** I wish I was there in person ...
(8:09 AM) **Webcast Participant:** Go Lisa, IHhS Team, and everyone at the meeting! Great job!
(8:09 AM) **Webcast Participant:** Same here. I'm a man in my thirties tearing up at the beauty of what's happening. Makes me happy and moved to see Lisa tearing up actually
(8:09 AM) **Webcast Participant:** me too!! U r all amazing and we will do this together!
(8:09 AM) **Webcast Participant:** Oh wow this confirms that the patients are labeled as experts.
SO GOOD
(8:09 AM) **Webcast Participant:** Did you guys all do the survey? I missed it, what was in it?
(8:10 AM) **Webcast Participant:** I'm already emotional watching the opening!
(8:10 AM) **Webcast Participant:** Lisa is truly attached to everyone who reaches out to her.
(8:10 AM) **Webcast Participant:** It had some questions to understand our experience as patients
(8:10 AM) **Webcast Participant:** Life has been horrible and I am so relieved to have you all
(8:10 AM) **Webcast Participant:** I'm still in awe that I'm meeting fellow sufferers. I've been isolated till now
(8:10 AM) **IHhS Moderator:** Sending love to you all!!
(8:11 AM) **Webcast Participant:** Thanks Cait!! Feeling the love.
(8:11 AM) **Webcast Participant:** Me too,... over 40 years of this!
(8:11 AM) **Webcast Participant:** Thanks Cait. Lisa is making a great speech, so far!
(8:11 AM) **IHhS Moderator:** Have met amazing people this week
(8:11 AM) **IHhS Moderator:** We want you ALL to meet!
(8:12 AM) **Webcast Participant:** I lost the picture but have the sound still...help
(8:12 AM) **Webcast Participant:** These gloves for typing will come off one day and I will be able to finally go outside and enjoy life holding hands with you all!
(8:12 AM) **IHhS Moderator:** Try refreshing?
(8:13 AM) **Webcast Participant:** Refresh the page

(8:13 AM) **IHhS Moderator:** there are many like you

(8:13 AM) **Webcast Participant:** it's back...thanks

(8:13 AM) **Webcast Participant:** Including me ...

(8:14 AM) **Webcast Participant:** Yayy a Washington docto!

(8:14 AM) **Webcast Participant:** doctor

(8:14 AM) **Webcast Participant:** i know for a fact that if i didnt have hyperhidrosis, my life would be VERY different. relationships. careers. school. friendship. etc. i missed out on a lot of things i will not get back

(8:14 AM) **Webcast Participant:** you put it perfectly. That's exactly how I feel.

(8:14 AM) **Webcast Participant:** I know

(8:14 AM) **Webcast Participant:** You are so correct. Agree completely

(8:15 AM) **Webcast Participant:** It's great to finally having a voice and great to hear from so many of you as I thought I was alone!

(8:15 AM) **Webcast Participant:** life is going to be better for all of us soon....we have each other now!

(8:15 AM) **Webcast Participant:** I feel your pain. I feel the same way. We're with you!

(8:15 AM) **IHhS Moderator:** We are here for you

(8:16 AM) **Webcast Participant:** Sound issues?

(8:16 AM) **Webcast Participant:** I hope they read some of our chat....

(8:16 AM) **Webcast Participant:** (Anyone else struggling with the connection? It was working fine for me but now some sound hiccups)

(8:16 AM) **Webcast Participant:** Me too

(8:16 AM) **Webcast Participant:** Thank God for some fashion trends where we can wear loose clothes! :)

(8:16 AM) **Webcast Participant:** And the video is funny - like in slow motion

(8:16 AM) **IHhS Moderator:** I am reading it for you & will be able to ask questions for you

(8:16 AM) **Webcast Participant:** Yes, I have some audio issues. Switching to desktop

(8:16 AM) **Webcast Participant:** me too-frustrating

(8:17 AM) **Webcast Participant:** same here. problems even after refreshing

(8:17 AM) **IHhS Moderator:** We have a fashion designer here!

(8:17 AM) **Webcast Participant:** Thanks, Cait

(8:17 AM) **Webcast Participant:** Please resolve Cait

(8:17 AM) **IHhS Moderator:** On desktop as well?

(8:17 AM) **Webcast Participant:** a question I have: How can we get insurance to cover a procedure like Miradry in the future?

(8:17 AM) **Webcast Participant:** I'm on my laptop on wifi and all is good.

(8:17 AM) **Webcast Participant:** Frank, I am on laptop and it is buffering

(8:17 AM) **IHhS Moderator:** They are working on it

(8:17 AM) **Webcast Participant:** I am losing picture and sound..choppy and don't want to lose a second of info

(8:17 AM) **Webcast Participant:** Thanks Cait, working better now

(8:17 AM) **Webcast Participant:** yes

(8:17 AM) **Webcast Participant:** Audio issues - very choppy

(8:17 AM) **Webcast Participant:** Sound issues, buffering issue?

(8:17 AM) **Webcast Participant:** Cait - i need to know that once Oxybutiniin fails and there are no other options, what do I do?? I need to go on disability now

(8:18 AM) **Webcast Participant:** yes- audio keeps breaking
(8:18 AM) **Webcast Participant:** Yeah stuffing up irregularly
(8:18 AM) **Webcast Participant:** Looks resolved I think
(8:18 AM) **Webcast Participant:** Switched from iphone to PC, it's working with no issues.
(8:18 AM) **Webcast Participant:** on mobile and wifi and still having issues.
(8:18 AM) **IHhS Moderator:** I will ask when I am able
(8:18 AM) **IHhS Moderator:** Are you connected to public Wi-Fi?
(8:18 AM) **Webcast Participant:** Listening carefully
(8:18 AM) **Webcast Participant:** Hmm issues again. I'm on a pc and connected via cable to a very strong connection. I think it's on the other end.
(8:19 AM) **Webcast Participant:** No private wifi Cait
(8:19 AM) **Webcast Participant:** Great voice on slide, but choppy and sound bad on her.
(8:19 AM) **Webcast Participant:** Agreed
(8:19 AM) **Webcast Participant:** Cait did my question come through?
(8:19 AM) **IHhS Moderator:** They are looking at it
(8:19 AM) **Webcast Participant:** I am on private wi fi
(8:19 AM) **Webcast Participant:** I am on my laptop at home with my private wi-fi and I am having choppy sound and video picture. The intro was fine; it started with this current speaker
(8:19 AM) **Webcast Participant:** Oxybutinin had major side effects. I was in hospital for 3 days and lost 20 pnds in 2 weeks. I could not eat or drink anymore as it shut down my entire GI system
(8:19 AM) **IHhS Moderator:** I did not see, can you ask again?
(8:19 AM) **Webcast Participant:** agreed Webcast Participant
(8:19 AM) **Webcast Participant:** Me too
(8:20 AM) **Webcast Participant:** How can we get insurance to cover a procedure like Miradry in the future?
(8:20 AM) **Webcast Participant:** Ok great Watling yo hice my input
(8:20 AM) **Webcast Participant:** Try slide view so we can hear.
(8:20 AM) **Webcast Participant:** Waiting to give my input
(8:21 AM) **Webcast Participant:** how do we switch to slide view? @ Webcast Participant
(8:21 AM) **Webcast Participant:** has anyone tried Dermidry its vitamin combination
(8:22 AM) **Webcast Participant:** While I'm very excited about this meeting, does anyone else wonder if any new drugs would be addressing symptoms, and not cause? That would still be great, but I am anxious about taking drugs which have side effects and may not even be addressing the root cause of whatever is causing my Hh
(8:22 AM) **Webcast Participant:** Yes tried it all but then again my situation might be completely different
(8:22 AM) **Webcast Participant:** is anyone having trouble hearing? it keeps going in and out
(8:22 AM) **Webcast Participant:** In the top left, sometimes it says "Live", sometimes it says "DVR". Could this be why the footage is a bit choppy?
(8:22 AM) **Webcast Participant:** yes somi
(8:22 AM) **Webcast Participant:** perhaps - thanks
(8:23 AM) **Webcast Participant:** Also expereincing this somi
(8:23 AM) **Webcast Participant:** when it goes to the charts it's ok
(8:23 AM) **Webcast Participant:** My top left corner says "live" but sound is choppy as others are experiencing too....

(8:23 AM) **Webcast Participant:** Now it says "live", but now it says "dvr" Ann. Very wierd

(8:23 AM) **Webcast Participant:** yes, still going on

(8:23 AM) **Webcast Participant:** mine no longer says live

(8:24 AM) **Webcast Participant:** Oxybutinin works wonders for most. It causes dry mouth but as long as you reduce the dose you should be able to tolerate it

(8:24 AM) **Webcast Participant:** is the choppiness due to buffering?

(8:24 AM) **Webcast Participant:** yes, we are experiencing the choppy too

(8:24 AM) **Webcast Participant:** Mine says Live constantly (no DVR message), and it is just as choppy..

(8:24 AM) **Webcast Participant:** Yes and Dermira

(8:24 AM) **Webcast Participant:** we will be able to listen this after its done right?

(8:24 AM) **IHhS Moderator:** Im writing questions down and will ask when we are asking questions.

(8:24 AM) **Webcast Participant:** Oxybutinin didn't work for me. I guess I have very stubborn HH

(8:24 AM) **Webcast Participant:** Does anyone know of any natural things that work?

(8:24 AM) **Webcast Participant:** Cait, any chance of fixing this, and is is difficult to follow the speech?

(8:24 AM) **Webcast Participant:** The webcast will be posted on SweatHelp.org by December 1st.

(8:24 AM) **IHhS Moderator:** you can send questions now if you'd like

(8:24 AM) **Webcast Participant:** I have heard yoga could help.

(8:25 AM) **IHhS Moderator:** And the are still working on feed

(8:25 AM) **Webcast Participant:** the dermidry is natural

(8:25 AM) **Webcast Participant:** make sure you close everything on your computer. as well do not use wireless

(8:25 AM) **Webcast Participant:** Is this being recorded so we can view later

(8:25 AM) **Webcast Participant:** I hope they fix this because it is very annoying to listen to.

(8:25 AM) **Webcast Participant:** CBD oil?

(8:25 AM) **Webcast Participant:** i agree

(8:25 AM) **Webcast Participant:** true

(8:25 AM) **IHhS Moderator:** Yes

(8:25 AM) **Webcast Participant:** true

(8:25 AM) **Webcast Participant:** Agreed. I won't be able to watch the whole thing live, otherwise

(8:25 AM) **Webcast Participant:** I have sound issues

(8:25 AM) **Webcast Participant:** Are sound cut problems on your end or my end?

(8:25 AM) **Webcast Participant:** yes! now i've lost picture and sound!

(8:25 AM) **Webcast Participant:** dermidry is natural but does not work if your sweating is excessive and full body

(8:25 AM) **Webcast Participant:** Thank you

(8:25 AM) **Webcast Participant:** Cait, thanks for noting down the questions

(8:26 AM) **Webcast Participant:** just lost pic too

(8:26 AM) **Webcast Participant:** Mine are basically hands and underarms, and feet but that I can deal with

(8:26 AM) **Webcast Participant:** Cait, it stuffs up less when you switch to slide-view

(8:26 AM) **Webcast Participant:** Hello All, we are restarting the stream to help fix the stability issue. sorry for the inconvenience

(8:26 AM) **Webcast Participant:** how do we do that?

(8:26 AM) **Webcast Participant:** Does the FDA currently view hyperhidrosis as a cosmetic disorder? How would the future of HH care change if the FDA recognized it as a functional problem instead?

(8:26 AM) **Webcast Participant:** what is CBD oil

(8:26 AM) **Webcast Participant:** Have lost live feed, both sound & picture

(8:26 AM) **Webcast Participant:** No problem. Thanks for that, as it really was starting to become unwatchable.

(8:26 AM) **IHhS Moderator:** I'm only the moderator, tech is working on issues. Hang in there all!

(8:27 AM) **Webcast Participant:** Look into the machine. Sorry forgot what it is called. I have one and used it a few times. U can have mine and I will send it to you!!!

(8:27 AM) **Webcast Participant:** Thanks Cait!!

(8:27 AM) **IHhS Moderator:** I lost it too, fyi. They are figuring out

(8:27 AM) **Webcast Participant:** Thank you, Cait

(8:27 AM) **Webcast Participant:** HH is considered a medical condition

(8:27 AM) **Webcast Participant:** I think it is called a Ion machine

(8:27 AM) **Webcast Participant:** I have full body Hh....hands, feet, underarms, legs and essentially all lower body. it's AWFUL

(8:27 AM) **Webcast Participant:** iontophoresis machine

(8:28 AM) **Webcast Participant:** thank you cait it's working great

(8:28 AM) **Webcast Participant:** OMG those pics r exactly my life!!!

(8:28 AM) **Webcast Participant:** is anyone getting anything?

(8:28 AM) **Webcast Participant:** Thank you for the tech fix....so far so good!

(8:28 AM) **Webcast Participant:** ugh seeing this makes me sweat!

(8:28 AM) **Webcast Participant:** Really? I haven't got anything yet!!

(8:28 AM) **Webcast Participant:** Yes that is correct thank you :-)

(8:29 AM) **IHhS Moderator:** Try and refreshing again. They increased bandwidth

(8:29 AM) **Webcast Participant:** I have iontophoresis machine and it's helped A TON

(8:29 AM) **Webcast Participant:** i've lost picture and sound for about 5 minutes now.

(8:29 AM) **Webcast Participant:** Refresh

(8:29 AM) **Webcast Participant:** can't tell if it's problems at their end or my computer

(8:29 AM) **Webcast Participant:** I second

(8:29 AM) **IHhS Moderator:** Sound & picture are clear for me now

(8:29 AM) **Webcast Participant:** It works for a ton of ppl. YOur just need to stay on a good routine.

(8:29 AM) **Webcast Participant:** Now we are back to audio cuts

(8:29 AM) **Webcast Participant:** Where's the refresh in chrome? i can't find it!

(8:29 AM) **Webcast Participant:** Thanks Cait.

(8:30 AM) **Webcast Participant:** startig up on me too :(

(8:30 AM) **Webcast Participant:** you can click on the address in the address bar and then hit enter

(8:30 AM) **Webcast Participant:** Webcast Participant - I too have sweat all over. I have tried everything and nothing really works.

(8:30 AM) **Webcast Participant:** just went bananas again

(8:30 AM) **Webcast Participant:** What age did she say? anyone know?

(8:30 AM) **Webcast Participant:** I think we are all at different levels and each person reacts differently with each remedy

(8:30 AM) **Webcast Participant:** Cait, are you IHhS ModeratorD? Found your youtube, it's great to see you've been involved for a few years

(8:30 AM) **Webcast Participant:** Webcast Participant, how often do you find you have to use your IONT machine now? I'm on maintenance about once/week now and seems to work

(8:31 AM) **Webcast Participant:** I'm getting so aggravated I'm starting to sweat.

(8:31 AM) **IHhS Moderator:** I am IHhS ModeratorD!

(8:31 AM) **Webcast Participant:** where do you get the IONT machine?

(8:31 AM) **Webcast Participant:** tried the address trick--no change--delayed sound

(8:31 AM) **Webcast Participant:** I'm wondering if there's a co-morbidity between HH and other symp. nervous system issues such as fibromyalgia.

(8:31 AM) **Webcast Participant:** Where can I find your challenge Cait?

(8:32 AM) **Webcast Participant:** interesting. I have fibro

(8:32 AM) **Webcast Participant:** I used it for 4 weeks straight and was SUPER DRY in my hands and feet for about a week. I have been trying every day since I started up again, and I havent had success with it again. It decreased a bit but still very excessive. Still trying every day though so far

(8:32 AM) **Webcast Participant:** or depression?

(8:32 AM) **Webcast Participant:** me too

(8:32 AM) **Webcast Participant:** excellent question and I am really interested in the same line of thought.

(8:32 AM) **Webcast Participant:** we are all sweating right now but guess what???? we are together.....let it pour!!

(8:32 AM) **Webcast Participant:** Sorry Cait, I meant channel

(8:32 AM) **Webcast Participant:** depression too :)

(8:32 AM) **Webcast Participant:** I have clinical depression as well

(8:32 AM) **IHhS Moderator:** For those who find the webcast too stressful, it will be posted live

(8:32 AM) **Webcast Participant:** depression and anxiety too

(8:32 AM) **Webcast Participant:** depression, social anxiety, anxiety. yessss same here

(8:32 AM) **Webcast Participant:** I also experienced depression, partly triggered by Hh struggles

(8:33 AM) **Webcast Participant:** this is very interesting

(8:33 AM) **Webcast Participant:** Does anyone know if we can use Iontophoresis for armpits?!

(8:33 AM) **Webcast Participant:** I am the only one in my family that I know of that has Hh. Doesn't seem to be hereditary for me.

(8:33 AM) **Webcast Participant:** It's not doable, right?

(8:33 AM) **Webcast Participant:** I'm also the only one

(8:33 AM) **IHhS Moderator:** We have many friends here that reported depression

(8:33 AM) **Webcast Participant:** me too!

(8:33 AM) **Webcast Participant:** I had a physician make fun of me!!!

(8:33 AM) **Webcast Participant:** Cait, any information on whether this might be causality or correlation?

(8:33 AM) **Webcast Participant:** my mom nor my dads side have it. that we know of!

(8:33 AM) **IHhS Moderator:** No ; (

(8:33 AM) **Webcast Participant:** This was back in the 80's

(8:33 AM) **Webcast Participant:** I have history of depression too

(8:34 AM) **Webcast Participant:** my mother had it and one of my sons and grandsons has it

(8:34 AM) **Webcast Participant:** Yeah, GPs don't seem to understand :(

(8:34 AM) **IHhS Moderator:** So sorry

(8:34 AM) **Webcast Participant:** depression?? of course we are going to have depression - we have felt alone and felt like we need to hide a dirty secret. We hide in our homes. We cancel plans. We lose potential relationships. We become aggressive. We cry. We are angry!!!!

(8:34 AM) **Webcast Participant:** same here. But Webcast Participantaid we should abstain from negative comments, even toward anonymous physicians

(8:34 AM) **Webcast Participant:** it was ignorance

(8:34 AM) **Webcast Participant:** Not sure how you would do the arm pit. Maybe you would need to immerse the whole body.

(8:34 AM) **Webcast Participant:** ok that

(8:34 AM) **Webcast Participant:** Webcast Participant, yes, Iontophoresis can be used on armpits too, but I've found treating my hands and feet with it, my armpits just don't sweat as much

(8:34 AM) **Webcast Participant:** thanks I mean

(8:34 AM) **IHhS Moderator:** I wish you all were here to experience the love

(8:34 AM) **Webcast Participant:** BUT.....we have each other now!! we can do this and put all of our experiences together and help

(8:35 AM) **Webcast Participant:** Yes!

(8:35 AM) **Webcast Participant:** Thanks.

(8:35 AM) **Webcast Participant:** Cait, the love comes across the net!

(8:35 AM) **Webcast Participant:** Cait, do you know if anyone has ever tried iontophoresis for armpits?!

(8:35 AM) **Webcast Participant:** My Hh seems to have gotten worse with age.

(8:35 AM) **Webcast Participant:** I had Raynauds when cold and Hh of the head, face, now.

(8:35 AM) **Webcast Participant:** exactly same here.

(8:35 AM) **Webcast Participant:** How do we stay in touch with one another's?

(8:36 AM) **Webcast Participant:** I second that.

(8:36 AM) **Webcast Participant:** did your fingers turn red?

(8:36 AM) **Webcast Participant:** I know 2 ppl and it works. u just need to keep up the routine.

(8:36 AM) **IHhS Moderator:** I've met friends here who have for palms and planter, and axillary

(8:36 AM) **Webcast Participant:** agreed, would be so great to stay in touch. Anyone have any ideas?

(8:36 AM) **Webcast Participant:** The wet paper...story of my life

(8:36 AM) **Webcast Participant:** can anyone tell me where the refresh is in chrome?

(8:36 AM) **IHhS Moderator:** many pink hands!

(8:36 AM) **Webcast Participant:** That is why I do not wear pants

(8:36 AM) **Webcast Participant:** Cait, you're saying that some friends there are using IONT for axillary?!

(8:36 AM) **Webcast Participant:** The wet paper damaged my high school tests. I remember a teacher asking me "Why is your paper wet?"

(8:36 AM) **Webcast Participant:** the refresh in chrome is the round arrow to the left of the address bar

(8:37 AM) **IHhS Moderator:** either click the circle with arrow at top left page

(8:37 AM) **Webcast Participant:** That's why I wear black pants

(8:37 AM) **Webcast Participant:** Me too

(8:37 AM) **Webcast Participant:** i work at a bank. wet MONEY. so embarrassing.

(8:37 AM) **IHhS Moderator:** I met one that was

(8:37 AM) **Webcast Participant:** `I always wear black pants..

(8:37 AM) **Webcast Participant:** I also wear dark clothes to cover my sweat

(8:37 AM) **Webcast Participant:** Cait that is incredible. Any chance you can put me in touch with the person who is using IONT for axillary?!

(8:38 AM) **Webcast Participant:** MyHh started in 2011 at 62 years ol

(8:38 AM) **Webcast Participant:** we could do a facebook group

(8:38 AM) **Webcast Participant:** have you tried botox for axillary?

(8:38 AM) **Webcast Participant:** Shaking hands. Ugh ...

(8:38 AM) **IHhS Moderator:** We have a surgeon, nurses, dancers and a flute player...they all have work related issues.

(8:38 AM) **Webcast Participant:** not yet - definitely going to pursue it

(8:39 AM) **IHhS Moderator:** let me talk to her!

(8:39 AM) **Webcast Participant:** Can't imagine how difficult the life of the person with the Hh in her pelvis must be :(

(8:39 AM) **Webcast Participant:** the worst, or holding hands :(

(8:39 AM) **Webcast Participant:** Thanks Cait. Do you have my contact details in the system?

(8:39 AM) **Webcast Participant:** do you have email? I can send you info on iontophoresis

(8:39 AM) **IHhS Moderator:** Fist bumps here!

(8:39 AM) **Webcast Participant:** Yes Cait. Definitely preferred

(8:39 AM) **Webcast Participant:** wont lie. they are injections and uncomortable but so worth it. Insurance usually covers every 3 months

(8:39 AM) **Webcast Participant:** There's an awesome Facebook group run by the IHHS!
<https://www.facebook.com/groups/13752506316/>

(8:40 AM) **Webcast Participant:** Wow, 49% depression!

(8:40 AM) **Webcast Participant:** no surprise

(8:40 AM) **Webcast Participant:** Yep. I'm one of them, unfortunately

(8:40 AM) **Webcast Participant:** can this webinar be saved or watch at a later time, just in case some of us can't watch the whole thing.

(8:40 AM) **Webcast Participant:** anyone done Miradry procedure for underarms?

(8:41 AM) **Webcast Participant:** Cait said it will be uploaded to sweathelp.org

(8:41 AM) **Webcast Participant:** The botox is painful in the hands and feet. I have a huge pain tolernece so just ploughed through. If you proceed with this option, i suggest taking some tylenol prior

(8:41 AM) **Webcast Participant:** Thanks, will create an email account just for hyperhidrosis. Will post it here in a moment

(8:41 AM) **IHhS Moderator:** Yes. There were several here that wrote on our boards about depression, feeling alone and suicidal. We are posting a hotline in a bit. Please know we are working hard for you

(8:41 AM) **Webcast Participant:** Yep, avoided anything where I had to where a uniform or work with people

(8:41 AM) **Webcast Participant:** wear*

(8:41 AM) **Webcast Participant:** thanks for the fb, I applied to join

(8:41 AM) **Webcast Participant:** Yes to the career path for me....I also wanted to be a nurse, but would be so embarrassed to have a job where I have to have physical contact with my hands

(8:41 AM) **Webcast Participant:** The problem I have with these treatments is that they're so expensive!!

(8:41 AM) **Webcast Participant:** Will there be a copy available of live chat?

(8:42 AM) **Webcast Participant:** we are here for you!!! You are not alone! we have each other now xoxo

(8:42 AM) **Webcast Participant:** THanks, Very kind of you

(8:42 AM) **IHhS Moderator:** I will work on that

(8:42 AM) **Webcast Participant:** I agree... that part had been difficult for me too

(8:42 AM) **Webcast Participant:** i want to be on stage..as an actress/dancer/singer :(seems like a distant dream

(8:42 AM) **Webcast Participant:** I'm a full-time student, so can't really afford expensive treatments like Botox which is \$850 per hand

(8:42 AM) **Webcast Participant:** Sometimes if there is a new person on the office sometimes I have to leave the area to avoid the handshake, or run to the bathroom to wash my hands with warm water to get them dry long enough to get through the handshake.

(8:42 AM) **IHhS Moderator:** we are working on that.

(8:43 AM) **Webcast Participant:** second.

(8:43 AM) **Webcast Participant:** I do that. Great, Cait

(8:43 AM) **IHhS Moderator:** Working on sound and video again

(8:43 AM) **Webcast Participant:** Ugh, I am interviewing for jobs and HATE it

(8:43 AM) **Webcast Participant:** Cait, pls let us know as there is good ref info.

(8:43 AM) **Webcast Participant:** off air ?

(8:43 AM) **Webcast Participant:** yes

(8:43 AM) **Webcast Participant:** yes, seeing of air as well

(8:43 AM) **IHhS Moderator:** Me too. They are working on it again.

(8:43 AM) **Webcast Participant:** off*

(8:43 AM) **Webcast Participant:** Yep, off air here too.

(8:43 AM) **Webcast Participant:** HH is a recognized medical condition now. The government (here in Canada but most likely in the US as well) has a special plan for coverage of cost for medical conditions.

(8:43 AM) **Webcast Participant:** is there a break now?

(8:43 AM) **Webcast Participant:** Off air

(8:44 AM) **Webcast Participant:** Have lost picture & sound again - On desktop connected to office wifi

(8:44 AM) **Webcast Participant:** Yep, antiperspirant works better on my underarms than my hands. And yes, off air for me too. But Cait said they're working on it. (Hope we don't miss too much).

(8:44 AM) **Webcast Participant:** we can work together and figure out your options.

(8:44 AM) **Webcast Participant:** THanks!

(8:44 AM) **IHhS Moderator:** No break, they are working on it. Hang in there

(8:44 AM) **Webcast Participant:** Off air

(8:44 AM) **IHhS Moderator:** Treatments... nothing FDA approved

(8:44 AM) **Webcast Participant:** off air as well

(8:44 AM) **Webcast Participant:** i probably missed this in the beginning - will this all be recorded and available to us after the meeting?

(8:44 AM) **Webcast Participant:** I agree... we all have this commonality that lonks us and there is power in numbers

(8:44 AM) **Webcast Participant:** links*

(8:44 AM) **Webcast Participant:** while we are off air, can I ask if any of you with Hh work in the field of Occupational Therapy? My 17 yr old wants to persue this field and I'm hoping it is realistic (palmer Hh) Thanks!

(8:45 AM) **Webcast Participant:** i'd love to hear this all but i'm getting all those interruptions too

(8:45 AM) **IHhS Moderator:** The numbers are astonishing

(8:45 AM) **Webcast Participant:** Not really a question, but maybe something to note. Even when sweat is not very visible to others or you don not have to interact much, still very distracting. Trying to make it through a 3 hour lecture while sweating makes you very on edge, hard to concentrate

(8:45 AM) **Webcast Participant:** Good point....

(8:45 AM) **Webcast Participant:** My derma would give botox, but not turn it in to my insurance. Not cost effective for him.

(8:45 AM) **Webcast Participant:** IHhS Moderatory screen says off air now

(8:45 AM) **Webcast Participant:** My sister works in OT. I think it is very hands-on, which might be difficult if she has palmar hyperhidrosis

(8:46 AM) **Webcast Participant:** Gloves maybe! eek

(8:46 AM) **Webcast Participant:** I am a nurse and has affected my career a great deal in the earlier days till I changed career paths and worked for insurance company and worked at home

(8:46 AM) **Webcast Participant:** oh my why is it off air

(8:46 AM) **Webcast Participant:** Is the broadcast back? I've just got a black screen.

(8:46 AM) **Webcast Participant:** gloves would bring my attention and that would bring more anxiety

(8:46 AM) **Webcast Participant:** i don't know!

(8:46 AM) **Webcast Participant:** I've always wanted skin coloured gloves or something

(8:46 AM) **IHhS Moderator:** we have a surgeon, nurses and PT's here today, all affected by HH

(8:46 AM) **IHhS Moderator:** try refreshing again

(8:46 AM) **Webcast Participant:** Of course it is realistic! He will figure it out. For me, anyhting that dries me out is perfect! I swear by irish spring soap bars....I always carry one in my bag

(8:47 AM) **Webcast Participant:** Has anyone come up with a way to control head and face sweating? I hate going anywhere because of this.

(8:47 AM) **IHhS Moderator:** And gloves are n issue

(8:47 AM) **IHhS Moderator:** latex

(8:47 AM) **Webcast Participant:** I wanted to be a nurse.. but needles and my sweaty hands.. touching people!! Oh my! Yikes

(8:47 AM) **Webcast Participant:** I didn't realize this was all eastern time zones. What did I miss?

(8:47 AM) **Webcast Participant:** No sound Cait, and I just refreshed it

(8:47 AM) **IHhS Moderator:** hugs

(8:47 AM) **Webcast Participant:** If you hit the refresh button, it may work for you. Just worked for me.

(8:47 AM) **IHhS Moderator:** I have no sound either

(8:47 AM) **IHhS Moderator:** wait!

(8:47 AM) **Webcast Participant:** Working now Cait.

(8:47 AM) **Webcast Participant:** I hear you, me too.....especially at a party or a wedding!!

(8:47 AM) **IHhS Moderator:** back on

(8:47 AM) **Webcast Participant:** I am a nurse and it has been challenging

(8:47 AM) **Webcast Participant:** occupational therapy is all hands on

(8:47 AM) **Webcast Participant:** I use wipes but unfortunately it only helps for a short period

(8:47 AM) **Webcast Participant:** Webcast Participant I have this too. Had to cut my hair real short.

(8:48 AM) **Webcast Participant:** how many of us work from home? luckily this has been an option for me, but also leads to isolation.

(8:48 AM) **Webcast Participant:** Botox is extremely expensive. \$850 per hand!!

(8:48 AM) **Webcast Participant:** Ins will not cover Botox for face and head

(8:48 AM) **Webcast Participant:** Ouch doing the hands hurts!

(8:48 AM) **Webcast Participant:** Completely agree. I get irritable very I'm sweating because I don't want people near me, and definitely don't want to be touched.

(8:48 AM) **Webcast Participant:** I've cut my hair. Didn't really help all that much.

(8:48 AM) **Webcast Participant:** I also have cranial/facial and i'm always apologizing for my appearance

(8:48 AM) **Webcast Participant:** my insurance wont cover botox. only underarms. hands and feet was a no, and its WAAAAY expensive

(8:48 AM) **Webcast Participant:** ETS surgery??????? C'mon? This surgery should not be allowed! The sweating needs to compensate somewhere. I wish they would just ban this surgery

(8:49 AM) **Webcast Participant:** isolation working at home is better than stress at work and exacerbation of HH. embarrassment, etc

(8:49 AM) **IHhS Moderator:** many of the people in our videos were triggered when make-up artist would get close

(8:49 AM) **Webcast Participant:** sound and visual back now! :-)

(8:49 AM) **Webcast Participant:** Another nurse here, can actually pose a hazard when you cant get on gloves in a quick manner. Either risk patient not getting care or you being exposed to pathogens if you cant get them on

(8:49 AM) **Webcast Participant:** I used to get irritable when I was younger ... now maybe I am used to it?

(8:49 AM) **Webcast Participant:** Head and face for me too - have had to stop taking aromatase inhibitor for breast cancer.

(8:49 AM) **IHhS Moderator:** ETS is scary

(8:49 AM) **Webcast Participant:** I'm in sales and face an head sweating effects my ability to make a living

(8:49 AM) **Webcast Participant:** Agreed Cait.

(8:49 AM) **Webcast Participant:** my dermatologist told me for cracial-facial Hh one would need huge amounts of botox!

(8:49 AM) **Webcast Participant:** Looking forward to Adelaide's talk

(8:50 AM) **Webcast Participant:** Webcast Participant. I truly understand.

(8:50 AM) **Webcast Participant:** not covered, very expensive

(8:50 AM) **Webcast Participant:** My doctor said "oh, you have hyperhidrosis? Easy, just do ETS" - fortunately I was well informed about side effects, otherwise he was ready to direct me to a surgeon

(8:50 AM) **Webcast Participant:** Children.. yes... my preteen has it also!

(8:50 AM) **Webcast Participant:** Had a massage once and started swearing profusely. How embarrassing. Don't have the confidence to try it again.

(8:50 AM) **Webcast Participant:** I can't understand why Botox is covered for underarms but not face and head

(8:51 AM) **IHhS Moderator:** We have several Mom-daughter experts here!

(8:51 AM) **Webcast Participant:** I would stay FAR away from ETS

(8:51 AM) **Webcast Participant:** amen!

(8:51 AM) **Webcast Participant:** it's ridiculous that they consider it "cosment"

(8:51 AM) **Webcast Participant:** maybe because if the muscle structure?

(8:51 AM) **Webcast Participant:** Oops I meant sweating not swearing.

(8:51 AM) **Webcast Participant:** so sorry to hear that. That sounds very difficult

(8:51 AM) **Webcast Participant:** Botox is affective for most people for axilla. hands and feet. feet more painful so I use drysol for feet. my hands are not bad for me

(8:51 AM) **Webcast Participant:** *"cosmetic"

(8:51 AM) **Webcast Participant:** botox freezes muscles

(8:51 AM) **Webcast Participant:** I am logging off my friends. Sorry, I am getting frustrated and have not heard anything new here. The only positive is that I met you all so thank you!! Big hugs and smooches to you all!!

(8:51 AM) **IHhS Moderator:** It is not approved by the FDA

(8:51 AM) **Webcast Participant:** Thanks!

(8:52 AM) **Webcast Participant:** Hate Drysol

(8:52 AM) **Webcast Participant:** Bye!

(8:52 AM) **Webcast Participant:** I may just email you. Bye!

(8:52 AM) **Webcast Participant:** Thanks for your contribution!

(8:52 AM) **Webcast Participant:** botox for HH is not considered cosmetic

(8:52 AM) **Webcast Participant:** Hugs

(8:52 AM) **Webcast Participant:** all the ppl talking have not broken one sweat. It is frustrating me. Not one has had facial blushing

(8:52 AM) **Webcast Participant:** Those look like my hands!

(8:52 AM) **Webcast Participant:** xoxo to you all

(8:52 AM) **Webcast Participant:** Oh my :(

(8:52 AM) **Webcast Participant:** you advise against botox?

(8:53 AM) **Webcast Participant:** NO! it was a lifesaver

(8:53 AM) **IHhS Moderator:** They are the doctors, the Expert panelists all suffer from HH, will be on later.

(8:53 AM) **Webcast Participant:** I used for hands and underarms

(8:53 AM) **Webcast Participant:** Bye, much love. I notice that every speaker is very passionate and caring

(8:53 AM) **Webcast Participant:** I was born with it. My heart feels for these children...

(8:53 AM) **Webcast Participant:** Awesome, thanks!

(8:53 AM) **IHhS Moderator:** And I was with them yesterday during build project, and it was very sweaty

(8:53 AM) **Webcast Participant:** I just can't afford now and its not covered by my current insurance ... but yes I loved it

(8:54 AM) **Webcast Participant:** those puddles. yup

(8:54 AM) **Webcast Participant:** Driclor/Drysol is pretty effective on armpits

(8:54 AM) **Webcast Participant:** oh my so familiar

(8:54 AM) **Webcast Participant:** But not on hands that are as bad as that (like mine)

(8:54 AM) **Webcast Participant:** Cait: so awesome. I would've loved to be there and feel safe

(8:54 AM) **Webcast Participant:** my sandals slipping ...

(8:54 AM) **IHhS Moderator:** I hope we meet you all.

(8:54 AM) **Webcast Participant:** drysol very irritating on armpits for me

(8:55 AM) **IHhS Moderator:** Summer sols?

(8:55 AM) **IHhS Moderator:** I was told about them this week

(8:55 AM) **Webcast Participant:** Agree. But I grit my teeth and bear it because it works so well

(8:55 AM) **Webcast Participant:** Drysol extremely irritating on head

(8:55 AM) **IHhS Moderator:** Summer Soles

(8:56 AM) **Webcast Participant:** do you use drysol on your feet?

(8:56 AM) **Webcast Participant:** No. It doesn't work on my hands or feet. Only armpits

(8:56 AM) **Webcast Participant:** I'm not sure if I can watch this at work. It's making me tear up

(8:56 AM) **Webcast Participant:** Don't have all year round. Getting less now in November. Will come on strong again in April May.

(8:56 AM) **Webcast Participant:** is sympathetic nerve surgery risky? I read Mayo Clinic has had very good success for 35 years

(8:56 AM) **Webcast Participant:** ugh palmar and underarms at 12

(8:56 AM) **Webcast Participant:** I'm feeling the same way

(8:57 AM) **Webcast Participant:** Robinul is the only thing I can take that helps me. 3mg in the morning.

(8:57 AM) **Webcast Participant:** I heard that Drysol is very drying to the skin. Does anything experience that?

(8:57 AM) **Webcast Participant:** Tears over this are part of my daily life. I feel the pain of everyone here

(8:57 AM) **Webcast Participant:** Where do you sweat?

(8:57 AM) **Webcast Participant:** My c/f Hh is not as bad in the winter either

(8:57 AM) **Webcast Participant:** Is anyone able to chat and watch? I can only seem to do one or the other

(8:57 AM) **Webcast Participant:** Itchy

(8:58 AM) **Webcast Participant:** Thanks!

(8:58 AM) **Webcast Participant:** drysol made my hands cracky, but it did not stop my sweatint

(8:58 AM) **IHhS Moderator:** it is not FDA approved. Performed by thoracic surgeon, Risky and often results in sweating in additional areas

(8:58 AM) **Webcast Participant:** Hi all! Has anyone tried glycopyrollate?

(8:58 AM) **Webcast Participant:** How did any of you find a physician experienced with Hyperhidrosis?

(8:58 AM) **Webcast Participant:** sorry

(8:58 AM) **Webcast Participant:** breaking up again!

(8:58 AM) **Webcast Participant:** Yeah it doesn't work well on hands

(8:58 AM) **Webcast Participant:** I have a very serious case-- all over my body-- and it works for me

(8:58 AM) **Webcast Participant:** I had ETS some 20+ years ago. So no sweat on face or hands but I have it on my back and legs

(8:58 AM) **Webcast Participant:** a dermatologist would treat HH

(8:59 AM) **Webcast Participant:** I've educated my physician more and more each visit

(8:59 AM) **Webcast Participant:** SweatHelp.org has a Physician Finder. The ones that attended a training by IHhS are noted as being IHHS Educated.

(8:59 AM) **IHhS Moderator:** Good job!

(8:59 AM) **Webcast Participant:** Hi Cait! I've tried all treatments and the glyco actually helps me stop sweating in most situations

(8:59 AM) **Webcast Participant:** I have been told to see a neurologist. Has anyone seen a neurologist for this problem?

(8:59 AM) **WEBCAST PARTICIPANT:** I am founder of MiClimate, developing a battery operated wearable air conditioners for hyperhidrosis patients. check out miclimate.net. We are looking for people to test our new device - preferably in Phoenix, AZ area

(8:59 AM) **Webcast Participant:** Cool

(8:59 AM) **Webcast Participant:** No. Did it help

(8:59 AM) **Webcast Participant:** I live in an area with excellent health services but only a dermatologist would treat it. I haven't found one yet!

(8:59 AM) **Webcast Participant:** exactly. every physician i went to, i educated a little more. we tried different things based off my research and just their opinions.

(9:00 AM) **Webcast Participant:** did you try botox or iontophoresis?

(9:00 AM) **Webcast Participant:** mMy PC said that there was nothing that could be done

(9:00 AM) **IHhS Moderator:** Great job

(9:00 AM) **Webcast Participant:** Yes I have done both with no impact

(9:00 AM) **Webcast Participant:** That's awful

(9:00 AM) **Webcast Participant:** Besides lots of bad side effects.

(9:00 AM) **Webcast Participant:** you're not concerned about the side effects of glycopyrrolate?

(9:00 AM) **Webcast Participant:** what about south texas? i could test it for you guys! its sticky over here

(9:00 AM) **Webcast Participant:** what side effects did you get with botox?

(9:01 AM) **Webcast Participant:** I'll take a look at that

(9:01 AM) **Webcast Participant:** (how appropriate, she's talking about glycopyrrolate now)

(9:01 AM) **Webcast Participant:** How do I get this medication? Go to a dermatologist?

(9:01 AM) **Webcast Participant:** true. not all dermatologists treat HH. have you contacted your insurance company for participating providers so you can contact them to inquire?

(9:01 AM) **Webcast Participant:** ? i was referring to the air cooling device

(9:02 AM) **Webcast Participant:** perfect timing! When I did botox, it was just out and we did 100+ injections in each hand. I could barely hold a pen or my keys until it wore off.

(9:02 AM) **Webcast Participant:** I have had no side effects on Botox

(9:02 AM) **WEBCAST PARTICIPANT:** great. feedbacks from actual patients will be very helpful in customizing

(9:02 AM) **Webcast Participant:** I also had lots of compensatory sweating

(9:02 AM) **Webcast Participant:** does Botox hurt?

(9:02 AM) **Webcast Participant:** Has anybody experienced compensatory sweating due to ETS surgery? Solutions?

(9:02 AM) **Webcast Participant:** yes, there are none

(9:02 AM) **Webcast Participant:** Webcast Participant, it's not too bad in underarms...hurts like a you know what in hands

(9:03 AM) **Webcast Participant:** I did, it's bad on my back, chest and legs.

(9:03 AM) **Webcast Participant:** recent studies supposedly link anticholinergics with dementia.

(9:03 AM) **Webcast Participant:** it's doable :)

(9:03 AM) **Webcast Participant:** gosh, that's so difficult. Thanks for sharing.

(9:03 AM) **Webcast Participant:** I have it in hands ...

(9:03 AM) **Webcast Participant:** Do you guys find iontophoresis effective?

(9:03 AM) **Webcast Participant:** this is worrisome.

(9:03 AM) **Webcast Participant:** I only get in arm pits and yes I find it uncomfortable. no pain. no gain

(9:03 AM) **Webcast Participant:** Robinul is the only thing that helps

(9:03 AM) **Webcast Participant:** have you done iontophoresis? It's helped tremendously in hands

(9:03 AM) **Webcast Participant:** iontophoresis has seemed to be my best bet so far.

(9:03 AM) **Webcast Participant:** I had severe dry mouth what about you?

(9:03 AM) **Webcast Participant:** Haven't tried. Very expensive to buy

(9:04 AM) **Webcast Participant:** Does anyone know of a personal cooling system?

(9:04 AM) **Webcast Participant:** oh, and headaches

(9:04 AM) **Webcast Participant:** anticholinergic use by older adults that have used it for a long period of time. I think the study is posted on SweatHelp's Published Literature page.

(9:04 AM) **Webcast Participant:** Me too. I stopped taking

(9:04 AM) **Webcast Participant:** thanks

(9:04 AM) **Webcast Participant:** I bought a machine...much more cost effective in the long run that botox

(9:04 AM) **Webcast Participant:** YES. The dry mouth mouthwash helps some

(9:04 AM) **Webcast Participant:** Gum helps too

(9:04 AM) **Webcast Participant:** Yes, I couldn't handle it

(9:04 AM) **Webcast Participant:** do you have email? I'll send you a link

(9:05 AM) **Webcast Participant:** I used in the 70's because my father worked for the company that made it

(9:05 AM) **Webcast Participant:** You're welcome! Worth a discussion with a doc for sure though.

(9:05 AM) **Webcast Participant:** Would anyone know what is the best treatment for facial HH?

(9:05 AM) **Webcast Participant:** Has anyone looked at medication they are currently taking for something else may cause excessive sweating?

(9:05 AM) **Webcast Participant:** over the counter Biotene works for dry mouth

(9:05 AM) **Webcast Participant:** I asked two drug specialist and both couldn't find any research that states this meds can cause memory loss. I take glycol . and it works

(9:05 AM) **Webcast Participant:** I would think Botox would help with facial,

(9:06 AM) **Webcast Participant:** Thanks.

(9:06 AM) **Webcast Participant:** Yes Botox would help not covered by ins

(9:06 AM) **IHhS Moderator:** Excited to hear our Expert panelists!

(9:06 AM) **Webcast Participant:** I know Botox is used for migraines

(9:06 AM) **Webcast Participant:** Do they have HH?

(9:06 AM) **Webcast Participant:** are you registered for your insurance company website?

(9:07 AM) **Webcast Participant:** Are Migraines and HH related? I've always suffered from both, but never linked the two together

(9:07 AM) **Webcast Participant:** Can we see the panel?

(9:07 AM) **Webcast Participant:** Registered?

(9:07 AM) **Webcast Participant:** Yes approved for migraines and underarm sweating not for facial

(9:07 AM) **IHhS Moderator:** Yes, sorry, on a 30 sec delay for you

(9:07 AM) **Webcast Participant:** Botox is covered for a number of diagnosis

(9:08 AM) **Webcast Participant:** is anything approved for cranial/facial?

(9:08 AM) **Webcast Participant:** criteria for coverage on your insurance company website

(9:08 AM) **Webcast Participant:** FYI if you get botox they offer payment back to you with a card

(9:08 AM) **Webcast Participant:** Cait, I am a patient and also covering this meeting as a member of the press. I had a question regarding the FDA attendees in the room. Are you the right person to ask?

(9:08 AM) **Webcast Participant:** yes

(9:08 AM) **Webcast Participant:** Cait said she is the right person to ask. She's moderating the online questions

(9:08 AM) **Webcast Participant:** Glad they mentioned that. I thought I was the only one who had suicidal thoughts as a result of HH

(9:09 AM) **IHhS Moderator:** I can coordinate for you the person/people to speak to Webcast Participant

(9:09 AM) **Webcast Participant:** (((((((hugs))))))

(9:09 AM) **Webcast Participant:** It's mindblowing to me that the suicide hotline is mentioned. Not a surprise, but definitely drives the difficulties home

(9:09 AM) **Webcast Participant:** Hey, I know My Life is a Puddle!!

(9:09 AM) **Webcast Participant:** coverage for all insurance depends on the insurance company

(9:09 AM) **Webcast Participant:** Thank you

(9:09 AM) **Webcast Participant:** love to see the tissues on every table!

(9:10 AM) **Webcast Participant:** Webcast Participant, emailed you!

(9:10 AM) **Webcast Participant:** oh this is lifechanging after experiencing this for 48 years!!!

(9:10 AM) **Webcast Participant:** That's the truth. Hiding sweat is hard

(9:10 AM) **Webcast Participant:** Thanks. I'll check after this webinar!!

(9:10 AM) **Webcast Participant:** I LOVED the flannel from the 90's. It was warm but hid so well

(9:10 AM) **Webcast Participant:** Feeling so alone when no one knew anything about this was so rough

(9:11 AM) **Webcast Participant:** just saying if you meet criteria for Botox for HH it is considered medically necessary. what your benefit structure is as to how much is covered is another thing

(9:11 AM) **Webcast Participant:** I'm getting emotional

(9:11 AM) **Webcast Participant:** I was just wondering if anyone has any tips or advice on how to cope with hh in hands

(9:11 AM) **IHhS Moderator:** You all have enlightened me. Love you all

(9:11 AM) **Webcast Participant:** :)

(9:11 AM) **Webcast Participant:** me too...

(9:11 AM) **Webcast Participant:** Love you all so very much!

(9:11 AM) **Webcast Participant:** I am the same. I have no tips because this ruins my life

(9:11 AM) **Webcast Participant:** yes, soaking the exam table! mortifying.

(9:12 AM) **Webcast Participant:** That is another fear, that I will pass this along to my 3 kids

(9:12 AM) **Webcast Participant:** yes!!!

(9:12 AM) **Webcast Participant:** Yes, have soaked exam tables

(9:12 AM) **Webcast Participant:** I think I passed it on to my two but not as severe. :(

(9:12 AM) **IHhS Moderator:** that was a fear mentioned here yesterday

(9:12 AM) **Webcast Participant:** coming from a place of ignorance, I believe Hh is not hereditary

(9:12 AM) **Webcast Participant:** Also, it makes driving dangerous!

(9:13 AM) **Webcast Participant:** my mom and brother also suffer

(9:13 AM) **Webcast Participant:** I disagree, I think it is hereditary, and studies also indicate that

(9:13 AM) **Webcast Participant:** my brother had it and when he dies I felt the only one who understood was gone ... :(

(9:13 AM) **Webcast Participant:** :(((much love

(9:13 AM) **Webcast Participant:** THank you, that is still hard

(9:13 AM) **Webcast Participant:** I want her to hold up her hands so we can see the sweat

(9:13 AM) **Webcast Participant:** Oh my God, Maria's words are so beautiful and courageous

(9:14 AM) **IHhS Moderator:** I felt her hands yesterday

(9:14 AM) **Webcast Participant:** very touching speech..many thanks to be braved enough to share

(9:14 AM) **Webcast Participant:** I'm joining the discussion as an innovator. I invented Cool-jams several years ago because of my night sweats. We are partners of the hyperhidrosis society.

(9:14 AM) **Webcast Participant:** , I was not aware of that. Thanks for the information

(9:14 AM) **Webcast Participant:** How did they feel Cait??

(9:14 AM) **Webcast Participant:** Cait, beautiful comment

(9:14 AM) **Webcast Participant:** YES!!!

(9:14 AM) **Webcast Participant:** Thanks for your courage

(9:14 AM) **IHhS Moderator:** wet

(9:14 AM) **Webcast Participant:** Very wet??

(9:14 AM) **Webcast Participant:** I loved what was said about HH drugs being refilled on time. I've never thought of it but I've NEVER let that script expire

(9:14 AM) **Webcast Participant:** Was she embarassed, or has she moved passed it?

(9:14 AM) **Webcast Participant:** So beautiful seeing the tissues there

(9:15 AM) **Webcast Participant:** And the comfort using it

(9:15 AM) **Webcast Participant:** I also noted that Maria's sheet was in a plastic binder - goes to show the need

(9:15 AM) **IHhS Moderator:** She is embracing and fighting for awareness and advocacy

(9:15 AM) **Webcast Participant:** Cait - such great courage by Maria. Inspired me.

(9:15 AM) **Webcast Participant:** Do you have HH, Cait?

(9:15 AM) **Webcast Participant:** PS by the way great courage by you too, Cait!!!! Very admirable

(9:15 AM) **Webcast Participant:** I hate when people ask, "Why are your hands wet?"

(9:15 AM) **Webcast Participant:** ugh I want to cry

(9:16 AM) **Webcast Participant:** We are all brothers and sisters in our suffering

(9:16 AM) **IHhS Moderator:** I've sat and cried with many of my new HH friends

(9:16 AM) **Webcast Participant:** oh yes I know what he says!

(9:16 AM) **Webcast Participant:** I wish more people without HH are more aware of it.

(9:16 AM) **Webcast Participant:** relationships, ugh

(9:16 AM) **Webcast Participant:** oh yes, I have been there!

(9:17 AM) **Webcast Participant:** I know Jackie ... my ex told me her never cared which was so kind

(9:17 AM) **Webcast Participant:** Cait, that just made me tear up. Oh God

(9:17 AM) **Webcast Participant:** Why some have hands, some feet, some face? What physical causes the location?

(9:17 AM) **Webcast Participant:** he*

(9:17 AM) **Webcast Participant:** Latex gloves, ugh

(9:17 AM) **Webcast Participant:** yes, likewise... but it definitely is a big deal to me, which has affected the relationship.

(9:17 AM) **Webcast Participant:** I am now in a relationship with a wonderful woman. Today we walked out 6 minutes to eat out, and she said "are you sure? let me know if it's too long a walk for you, if you'll feel uncomfortable afterwards because of your hyperhidrosis. "

(9:18 AM) **Webcast Participant:** I remember visiting my ill grandfather in hospital and had this exact same problem

(9:18 AM) **Webcast Participant:** I am blown away by the number of you who understand how sweating can ruin your life.

(9:18 AM) **Webcast Participant:** I thanked her and said it was ok - but I'm going to have to shower because of an appointment after work

(9:18 AM) **Webcast Participant:** a company I worked for made powdered gloves

(9:18 AM) **Webcast Participant:** I know, it feels like such an alienating issue so it is so helpful.

(9:18 AM) **IHhS Moderator:** did it help at all?

(9:19 AM) **Webcast Participant:** I appreciate that she came even though she was sick.

(9:19 AM) **Webcast Participant:** I have heard that they do, Cait

(9:19 AM) **Webcast Participant:** Lucio made his own IONT machine!!! Incredible!!!!!!!

(9:19 AM) **Webcast Participant:** another strong person sharing...thank you

(9:20 AM) **Webcast Participant:** she is sooo right on!

(9:20 AM) **IHhS Moderator:** She is an amazing soul. We hugged this morning. She is going to design fashion clothes for the workplace.

(9:20 AM) **Webcast Participant:** What an incredible example, about the puddle. PERFECT example

(9:20 AM) **Webcast Participant:** that is amazing, Cait

(9:20 AM) **Webcast Participant:** Feel like you need to get right back in the shower as soon as you get out

(9:20 AM) **Webcast Participant:** Has anyone tried IONT and have it not work? I tried an underarm version with no luck

(9:20 AM) **Webcast Participant:** and I am sure her designs will address people with this disorder

(9:20 AM) **Webcast Participant:** I envy you Cait, being able to meet these patients

(9:20 AM) **Webcast Participant:** what is IONT?

(9:20 AM) **Webcast Participant:** Exactly, very expensive !!!

(9:21 AM) **Webcast Participant:** I am retired and was so looking forward to being active. I live in FL and instead of being active I avoid all the activities that I should be enjoying.

(9:21 AM) **Webcast Participant:** absolutely. Sometimes I need a second shower before I've finished putting my clothes on from my shower. Literally.

(9:21 AM) **Webcast Participant:** Iontophoresis works better for hands and feet.

(9:21 AM) **Webcast Participant:** Iontopherisis

(9:21 AM) **IHhS Moderator:** We hope to meet you all

(9:21 AM) **Webcast Participant:** sorry for the abbreviation. It's iontophoresis

(9:21 AM) **Webcast Participant:** No chance Cait, I live in Australia

(9:21 AM) **Webcast Participant:** oh oh okay .. I feel like I havre not done too much .. just dealt with it. :(

(9:21 AM) **Webcast Participant:** I think iontophoresis isn't considered for armpits only because of difficult application, no? If we can apply it, it should work I think?

(9:22 AM) **IHhS Moderator:** So great! Maybe time to start and Australia chapter ;)

(9:22 AM) **Webcast Participant:** then you have to use a hot hair dryer on your sweating head

(9:22 AM) **Webcast Participant:** Webcast Participantame here! Today is pushing me to pursue botox and IONT and glyco - but even if the sweating goes away, I'm anxious about resolving the cause, not just the symptom

(9:22 AM) **Webcast Participant:** I used it for armpits back in my teens (90's) it was probably a hack

(9:22 AM) **Webcast Participant:** I wish we had a conference like this in Australia, Cait. I would 100% attend

(9:22 AM) **Webcast Participant:** seriously!!!! Or just using a towel, but then the motion of my arms to dry my hair makes me sweat

(9:22 AM) **Webcast Participant:** I so agree.. I am glad to meet you virtually

(9:22 AM) **Webcast Participant:** What a beautiful speech

(9:22 AM) **Webcast Participant:** I'm glad too

(9:23 AM) **IHhS Moderator:** the doctors and clinical companies here are interested in that too. Keep pushing for research!

(9:23 AM) **Webcast Participant:** Seeing these people sweat is oddly comforting

(9:23 AM) **Webcast Participant:** yes it is hard to deliver the iontophoresis treatment to underarms. Some companies make pads, but not sure how effective they are.

(9:23 AM) **Webcast Participant:** It would be AMAZING to stay in touch

(9:23 AM) **Webcast Participant:** I believe surgery is the only way to cure the cause of HH.

(9:23 AM) **Webcast Participant:** Cait, that is great to hear

(9:23 AM) **Webcast Participant:** I totally feel his pain with the underarm sweat

(9:23 AM) **Webcast Participant:** agreed, it is beautiful and inspiring and comforting to see people sweating on stage. What a great guy

(9:23 AM) **Webcast Participant:** I sweat throuhg my winter coat!!!

(9:24 AM) **Webcast Participant:** Sweating with a jacket on, and sweating through it

(9:24 AM) **Webcast Participant:** Such courage displayed by everyone here

(9:24 AM) **Webcast Participant:** Most people here seem to have begun Hh in their childhood. Has Anyone started in their 50s?

(9:24 AM) **Webcast Participant:** I never even wear a winter coat!

(9:24 AM) **Webcast Participant:** best be very careful with surgery - just now several panelists advised against it

(9:24 AM) **Webcast Participant:** it seems like freedom!

(9:24 AM) **Webcast Participant:** It's so hard to share. I bet that is the most supportive room ever

(9:25 AM) **Webcast Participant:** absolutely. I wish I was there.

(9:25 AM) **Webcast Participant:** have not considered surgery. too risky

(9:25 AM) **Webcast Participant:** my mother's started after menopause

(9:25 AM) **Webcast Participant:** I would stay away from surgery. Go another route

(9:25 AM) **IHhS Moderator:** I've met many here who started during hormonal changes later in life

(9:25 AM) **Webcast Participant:** Just sweat away ... :)

(9:25 AM) **Webcast Participant:** I do botox

(9:25 AM) **Webcast Participant:** that is really interesting

(9:25 AM) **Webcast Participant:** Cait it is so so so great to have you here as a connection to that room. Thank you!

(9:25 AM) **Webcast Participant:** Ah! Thank you. What does your mom do for it?

(9:25 AM) **Webcast Participant:** I always say hh doesn't ruin my life but it certainly controls it

(9:26 AM) **Webcast Participant:** I feel like mine lessened a bit after menopause

(9:26 AM) **IHhS Moderator:** Happy to have you all here too!

(9:26 AM) **Webcast Participant:** Wish I could be there. The experience is giving me goosebumps. Amazing!

(9:26 AM) **Webcast Participant:** oh that gives me hope. :)

(9:26 AM) **Webcast Participant:** hot flashes and HH. torture!

(9:26 AM) **Webcast Participant:** mostly, she tries to evade social events

(9:26 AM) **Webcast Participant:** Oh, my gosh! We sure are all different!

(9:26 AM) **Webcast Participant:** All of my clothing choices are based on what will keep me from sweating. Short sleeves! No sweaters. No hats. No winter jackets. And so on and so on. I wear a portable fan around my neck.

(9:26 AM) **Webcast Participant:** I like in Seattle ... so in a way it helps cuz it's wet here alot ... hahahaha!

(9:26 AM) **Webcast Participant:** live not like

(9:26 AM) **Webcast Participant:** Yes

(9:27 AM) **Webcast Participant:** always good to maintain a sense of humour!

(9:27 AM) **Webcast Participant:** I wonder if climate affects it too

(9:27 AM) **Webcast Participant:** I have to

(9:27 AM) **Webcast Participant:** sense of humour is a great help for sure!

(9:27 AM) **Webcast Participant:** BTW, i love Seattle!!

(9:27 AM) **Webcast Participant:** I am glad he mentioned bullying. It is so much worse today

(9:27 AM) **Webcast Participant:** me too, and its rainy today.

(9:28 AM) **Webcast Participant:** Sure is!

(9:28 AM) **Webcast Participant:** Well I find that raining => more humidity => I sweat more

(9:28 AM) **Webcast Participant:** I appreciate fully what the physicians said, but testimonials from people with Hyperhidrosis is what really makes a difference. At least to me!

(9:28 AM) **Webcast Participant:** Humidity also makes my hh worse

(9:28 AM) **Webcast Participant:** agree

(9:28 AM) **Webcast Participant:** Sound counter-intuitive but sometimes taking a hot bath to induce sweat in the taking a shower helps me stay dry. It's kind of like a preemptive tactic.

(9:28 AM) **Webcast Participant:** Humidity is the worst.

(9:28 AM) **Webcast Participant:** sweating makes me feel less feminine and like a slob

(9:28 AM) **Webcast Participant:** Friends and companions, unfortunately I have to go :-(Please please stay in touch - I will DEFINITELY view the rest of the video the instant it's put up.

(9:28 AM) **Webcast Participant:** speaking honestly

(9:29 AM) **Webcast Participant:** do you all have video and sound still? i've lost both again. :(

(9:29 AM) **Webcast Participant:** bye ! Good luck!

(9:29 AM) **Webcast Participant:** take care !

(9:29 AM) **Webcast Participant:** Bye

(9:29 AM) **Webcast Participant:** Thank you all infinitely. And thanks to the IHhS, it's changing my life

(9:29 AM) **Webcast Participant:** I do. Try and refresh

(9:29 AM) **Webcast Participant:** Bye.

(9:29 AM) **Webcast Participant:** yes both, try refresh (F5)

(9:29 AM) **Webcast Participant:** Much love to you all, God bless you and good luck

(9:29 AM) **Webcast Participant:** bye

(9:29 AM) **IHhS Moderator:** I have met a few who go on runs and shower to sweat it out. aid be careful of dehydration ;)

(9:29 AM) **Webcast Participant:** mine keeps skipping and buffering

(9:29 AM) **Webcast Participant:** Bye !!!

(9:29 AM) **Webcast Participant:** - try a refresh

(9:29 AM) **Webcast Participant:** , refresh the page

(9:29 AM) **IHhS Moderator:** Bye !

(9:29 AM) **Webcast Participant:** thank you

(9:30 AM) **Webcast Participant:** wow!

(9:30 AM) **Webcast Participant:** That's how my hands look

(9:30 AM) **Webcast Participant:** thank you Webcast Participant. I'll try it!

(9:30 AM) **Webcast Participant:** I am curious if any of the women in here feel less feminine

(9:30 AM) **Webcast Participant:** yes !

(9:30 AM) **Webcast Participant:** I feel gross

(9:31 AM) **Webcast Participant:** , absolutely

(9:31 AM) **Webcast Participant:** Webcast Participant. did your mother find a solution?

(9:31 AM) **Webcast Participant:** of course. especially when i cant wear sandals or heels like everyone else

(9:31 AM) **Webcast Participant:** Like I am dirty or something

(9:31 AM) **Webcast Participant:** , of course...there are clothes I've never been able to wear and cute shoes? Forget it

(9:31 AM) **Webcast Participant:** Cait, yes dehydration can be an issue. You have to rehydrate which kind of restarts the sweat cycle.

(9:31 AM) **Webcast Participant:** no unfortunately

(9:31 AM) **Webcast Participant:** Thank you all, this makes me feel so much better

(9:31 AM) **IHhS Moderator:** , I think depends on the person and their experiences. I only met one friend that fully embraced HH as being beautiful. She is from Arizona.

(9:32 AM) **Webcast Participant:** yes,

(9:32 AM) **Webcast Participant:** oh, I love that Cait

(9:32 AM) **Webcast Participant:** Oh, i'm sorry!

(9:32 AM) **Webcast Participant:** I have experienced lots of shame and this added to it

(9:32 AM) **Webcast Participant:** @Cait is she single ? :D

(9:32 AM) **Webcast Participant:** I lived in Hawaii and now Colorado...no real difference

(9:33 AM) **IHhS Moderator:** She sweated puddles in the Apple Store that caused her brown flip flops to leave brown puddles

(9:33 AM) **Webcast Participant:** I dread someone wanting to hug me because hair and face are dripping. Wearing makeup is a waste of time.

(9:33 AM) **IHhS Moderator:** She is not ;). She just had a beautiful baby

(9:33 AM) **Webcast Participant:** oh ... :(

(9:33 AM) **Webcast Participant:** i avoid hugs also

(9:33 AM) **Webcast Participant:** I almost think your body gets used to the climate and starts sweating again

(9:34 AM) **Webcast Participant:** Interesting, . I sweated more in Chicago as it was more humid.

(9:34 AM) **IHhS Moderator:** The store employee asked if she was ok, and she replied, yes, I am fine. How are you ;))

(9:34 AM) **Webcast Participant:** love it, cait.

(9:34 AM) **Webcast Participant:** I'm pregnant and so nervous to pass this on to my child

(9:34 AM) **Webcast Participant:** I am sobbing crying listening to these panelists because I identify with everything they're saying and felt like I was the only one who suffered from this!! Thank you for this conference!!

(9:34 AM) **Webcast Participant:** "I don't like the feel of my hands" so true

(9:35 AM) **Webcast Participant:** Im late to this conversation and trying to read some of this to catch up but I suffer from compensatory sweating due to a Sympathectomy procedure about 20 years ago and its impacted my life in a very negative way. I've been on a 20 year search for a solution.

(9:35 AM) **Webcast Participant:** wouldn't be able to be on the panel without tears

(9:35 AM) **Webcast Participant:** I live in Rochester, NY where the humidity is horrible! Does humidity have something to do with it?

(9:35 AM) **Webcast Participant:** Is anyone super sensitive to temperatures? At 74° I feel like I'm in a severe heat wave.

(9:36 AM) **Webcast Participant:** yes

(9:36 AM) **Webcast Participant:** Yes,

(9:36 AM) **Webcast Participant:** Exactly! Or hold my notes without sweat dripping down my arms in puddles!!

(9:36 AM) **Webcast Participant:** I am Webcast Participant.

(9:36 AM) **Webcast Participant:** also my core body temp is lower than average.

(9:36 AM) **Webcast Participant:** Such bravery from all the panelists. I am inspired to develop even more products to help all of my friends here at this conference.

(9:36 AM) **IHhS Moderator:** The temp inside here is very chilly for us to help our friends stay cooler.

(9:36 AM) **Webcast Participant:** I'm always hot. At work I have a huge fan facing towards me.

(9:36 AM) **Webcast Participant:** - I am the same. Love winter!

(9:36 AM) **Webcast Participant:** It's helpful to hear other people say that it is episodic.

(9:36 AM) **Webcast Participant:** which i think is related to my body "wanting" to sweat to keep it low.

(9:36 AM) **Webcast Participant:** That's extremely considerate Cait. I'm sure they all appreciate that

(9:36 AM) **Webcast Participant:** I'm in the exact same boat. I had the ETS surgery back in 97'. I no longer sweat on my head or hands, but my back gets DRENCHED

(9:36 AM) **Webcast Participant:** Webcast Participant....I am on the same 20 year path

(9:37 AM) **Webcast Participant:** Me too!

(9:37 AM) **Webcast Participant:** Has anyone here had a sympathectomy?

(9:37 AM) **Webcast Participant:** Any solutions?

(9:37 AM) **Webcast Participant:** Interviews and church were the worst, wondered how many times I didn't get a call back if it was due to my sweaty hands and them thinking I wasn't competent for the job.

(9:37 AM) **Webcast Participant:** Our electric bill is higher than everyone else's in our neighborhood. The air conditioner runs 24/7. People complain about how cold our house is.

(9:38 AM) **Webcast Participant:** I hate how doctors dismiss this issue

(9:38 AM) **Webcast Participant:** I would like to know more about a sympathectomy as well.

(9:38 AM) **Webcast Participant:** Me too,

(9:38 AM) **Webcast Participant:** Me too. 20+ years.

(9:38 AM) **IHhS Moderator:** So sorry! We are working on doctor advocacy

(9:38 AM) **Webcast Participant:** I have

(9:38 AM) **Webcast Participant:** Me too

(9:38 AM) **Webcast Participant:** humidity and heat have NOTHING to do with it! except to slow the process of drying off!! i sweat EVERYWHERE!

(9:38 AM) **Webcast Participant:** what levels were treated? T4?

(9:38 AM) **IHhS Moderator:** #KNOWSWEATNOVEMBER

(9:39 AM) **Webcast Participant:** I like that :)

(9:39 AM) **Webcast Participant:** Did it fix the problem?

(9:39 AM) **Webcast Participant:** Love it!

(9:39 AM) **Webcast Participant:** It was unfortunately so long ago I don't remember

(9:39 AM) **Webcast Participant:** Was it considered risky? were there side effects?

(9:40 AM) **Webcast Participant:** I do recall the surgeon having better luck on the left side than right. I also still have dead spots under my right arm.

(9:40 AM) **Webcast Participant:** T2 & T3 for me

(9:40 AM) **Webcast Participant:** oh my.

(9:40 AM) **Webcast Participant:** Awesome! I'm in Albuquerque but was planning on looking up docs in other nearby states to seek treatment. I went to a doc that was listed in the HHS list in ABQ but he looked at me like he didn't know why I was there to see him nor that "it" was anything treatable.

(9:40 AM) **Webcast Participant:** I was treated by a doctor at s Hopkins, he does a procedure called a sympathetic injection. He claims it helps 60% of the people treated. I didn't help me but I'd be glad to send you his information.

(9:41 AM) **Webcast Participant:** I noticed someone told him to finish up. I like that they are keeping to time

(9:41 AM) **Webcast Participant:** his hand looked terrible!

(9:41 AM) **Webcast Participant:** what did it involve?

(9:41 AM) **Webcast Participant:** I know, massive blister
(9:41 AM) **IHhS Moderator:** Think they are keeping on time as we have flights to catch. Sad to leave.
(9:41 AM) **Webcast Participant:** They do the procedure at the Mayo Clinic as well, supposedly with much success.
(9:42 AM) **Webcast Participant:** My surgery happened in St. Louis
(9:42 AM) **Webcast Participant:** How do we know when next events like this to come in person??
(9:42 AM) **Webcast Participant:** Unfortunately Cait, I missed that survey
(9:42 AM) **Webcast Participant:** He injects 2cc's of alcohol into the sympathetic nerve. The injection is a bit painful but well worth the pain if it actually receives HH
(9:42 AM) **IHhS Moderator:** Next time
(9:42 AM) **Webcast Participant:** Me
(9:43 AM) **Webcast Participant:** Do you think there will be a next time?
(9:43 AM) **Webcast Participant:** Me
(9:43 AM) **IHhS Moderator:** YES
(9:43 AM) **Webcast Participant:** Me too
(9:43 AM) **Webcast Participant:** Cait, I was in my 50s when Hh began!
(9:43 AM) **Webcast Participant:** Does anyone have a clothing type that helps? I found Under Armor shirts hide it well
(9:43 AM) **Webcast Participant:** Is there a way to get transcript of this conversation since it keeps buffering forward?
(9:43 AM) **Webcast Participant:** . I was 5 y/o when my mother noticed
(9:43 AM) **Webcast Participant:** Yes I'd love a transcript too!
(9:45 AM) **Webcast Participant:** Yes, I would like a copy of this Live Chat transcript.
(9:45 AM) **Webcast Participant:** I didn't get any relief from Buspar
(9:45 AM) **IHhS Moderator:** I will try and collect
(9:45 AM) **IHhS Moderator:** do you guys have questions that you want answered?
(9:46 AM) **Webcast Participant:** IHhS Moderator, can anyone address Miradry?
(9:46 AM) **Webcast Participant:** Is there a transcript available of this conversation?
(9:46 AM) **Webcast Participant:** Has anybody experienced compensatory sweating due to ETS surgery? Solutions?
(9:46 AM) **Webcast Participant:** What advice do you have to people who are experiencing depression/social anxiety due to hyperhidrosis
(9:46 AM) **Webcast Participant:** Can you ask that Cait?
(9:46 AM) **IHhS Moderator:** Specifics?
(9:46 AM) **Webcast Participant:** Yes
(9:46 AM) **Webcast Participant:** I would really like to hear more about research and how far away they are from coming up with treating the problem not the cause
(9:46 AM) **IHhS Moderator:** Yes will do
(9:47 AM) **Webcast Participant:** It's rather lengthy, but if you click in the chat and hit Ctrl + A, it will select All, then press Ctrl + C, and you'll be able to paste into a document
(9:47 AM) **Webcast Participant:** Thanks Cait, just general advice as someone who has experienced hardship from teh condition
(9:47 AM) **Webcast Participant:** I think social anxiety and depression are a big part of living with HH

(9:47 AM) **IHhS Moderator:** will try!

(9:47 AM) **Webcast Participant:** Yes, Cait. I have cranial/facial Hh. Is there anybody here that began seeing it in their 50s?

(9:47 AM) **Webcast Participant:** Thanks Cait!

(9:47 AM) **Webcast Participant:** Yeah, I want to ask the panel how they have dealt with it

(9:48 AM) **Webcast Participant:** , I have the same. Probably had it most of my life but started getting worse in my 40s

(9:48 AM) **IHhS Moderator:** hardships as in relationships/work/ depression&anxiety?

(9:48 AM) **Webcast Participant:** Yes, that is it spot on

(9:48 AM) **Webcast Participant:** Ha, I used to have long hair and used to hide it with my hair

(9:48 AM) **Webcast Participant:** do we know the statistics on this being hereditary? 50%? 60%? less?

(9:48 AM) **Webcast Participant:** my underarms that is

(9:49 AM) **Webcast Participant:** One of the hardest conversations I've ever had is with girlfriends and now wife about HH

(9:49 AM) **Webcast Participant:** Cait, also, has anyone at the conference had sympathetic surgery that was successful?

(9:49 AM) **Webcast Participant:** there are studies if you just google it.

(9:49 AM) **Webcast Participant:** Long hair is way to hot for me. Can't get mine short enough

(9:49 AM) **Webcast Participant:** Yes, depends on where you sweat

(9:50 AM) **Webcast Participant:** Here
: <http://www.sciencedirect.com/science/article/pii/S0741521402948627> and <http://www.sweaty-palms.com/hereditary.html>

(9:50 AM) **Webcast Participant:** Face and head mostly

(9:51 AM) **Webcast Participant:** Thank you!

(9:51 AM) **Webcast Participant:** No problem

(9:52 AM) **Webcast Participant:** Webcast Participant., that's where mine is. What do you do? have you found any solution yet?

(9:52 AM) **Webcast Participant:** yes this truly shapes the ppl we become.

(9:53 AM) **Webcast Participant:** so sad the lack of her mothers support

(9:53 AM) **Webcast Participant:** Absolutely. Without it we would be way different people. Way more confident, outgoing, etc

(9:53 AM) **Webcast Participant:** , no solution at all. My Derm is willing to use Botox but insurance won't cover it. About \$3600 a yr with no ins coverage

(9:53 AM) **Webcast Participant:** yes

(9:53 AM) **Webcast Participant:** yes. it's sad

(9:54 AM) **Webcast Participant:** i was also turned down for clinical research because they wanted HH patients with no anxiety or depression.

(9:54 AM) **Webcast Participant:** Webcast Participant. surprised ins co will not cover botox

(9:54 AM) **Webcast Participant:** I wish there was a better program to offer it at low cost for people who need Botox

(9:54 AM) **IHhS Moderator:** I have my hand up for you guys

(9:54 AM) **Webcast Participant:** Cait, will we be able to get a transcript of the live chat?

(9:54 AM) **Webcast Participant:** in Australia where I'm from its not covered.

(9:55 AM) **Webcast Participant:** Thanks a lot Cait. I look forward to it.

(9:55 AM) **Webcast Participant:** do you have Universal care?

(9:55 AM) **IHhS Moderator:** I will check

(9:55 AM) **Webcast Participant:** try copying and pasting the transcript

(9:55 AM) **Webcast Participant:** that's ridiculous. Especially given the amount of anxiety HH causes.

(9:55 AM) **Webcast Participant:** Are there Hh 'support groups' in various geographic locations in USA (or worldwide)?

(9:55 AM) **Webcast Participant:** Yes. I think so

(9:55 AM) **Webcast Participant:** ins coverage with Botox is for underarms. Not approved for face and head which makes no sense to me

(9:56 AM) **Webcast Participant:** I am surprised it doesn't cover it

(9:56 AM) **Webcast Participant:** I have used botox for hands too

(9:56 AM) **Webcast Participant:** exactly. i cried when they told me no. it was in Dallas, tx. Real close to me too

(9:56 AM) **Webcast Participant:** Yep because they don't consider it necessary for survival (like a surgery)

(9:56 AM) **Webcast Participant:** Wonder how to get botox approval changed.

(9:57 AM) **Webcast Participant:** Ah, okay thanks

(9:57 AM) **Webcast Participant:** Dunno.

(9:57 AM) **Webcast Participant:** they may be working on getting it approved now?

(9:57 AM) **Webcast Participant:** Yay!!!

(9:57 AM) **Webcast Participant:** I know, it's crazy! It's probably because it would require so much of the botox is necessary on the scalp, they don't want to pay for it!

(9:58 AM) **Webcast Participant:** I would so be with joy!

(9:58 AM) **Webcast Participant:** *sob

(9:58 AM) **Webcast Participant:** I know your feelings, and I am hoping it happens soon

(9:58 AM) **Webcast Participant:** Thanks Cait!!!

(9:59 AM) **Webcast Participant:** Yes, thank you Cait

(9:59 AM) **Webcast Participant:** Thank you Cait!

(9:59 AM) **Webcast Participant:** I'm so happy they mention the Suicide Hotline.

(9:59 AM) **Webcast Participant:** Where is this being held at?

(9:59 AM) **Webcast Participant:** Great synopsis, Cait

(9:59 AM) **Webcast Participant:** City state?

(9:59 AM) **Webcast Participant:** Washington DC

(9:59 AM) **Webcast Participant:** In DC, I think

(9:59 AM) **Webcast Participant:** Washington, DC

(9:59 AM) **Webcast Participant:** Thanks again, Cait

(10:00 AM) **IHhS Moderator:** Washington, DC is the current location of the conference

(10:00 AM) **Webcast Participant:** Anyone know of a group in the midwest?

(10:00 AM) **Webcast Participant:** Got it thanks!

(10:00 AM) **Webcast Participant:** I also don't go anywhere without paper towels!

(10:00 AM) **Webcast Participant:** I was in the Midwest and couldn't find one

(10:01 AM) **Webcast Participant:** We need to start some!

(10:01 AM) **Webcast Participant:** I find it horrible that they don;'t mention HH in medical schools

(10:01 AM) **Webcast Participant:** I don't know if it came up but many of us might be taking glycopyrrolate and like medications to help our HH but its been linked to Alzheimers, which is a reason I will take it only when desperate

(10:01 AM) **IHhS Moderator:** I think they will talk about drugs in the next session

(10:01 AM) **Webcast Participant:** Recreational choices, yes! Love to dance but won't and I mostly stay inside in A/C

(10:01 AM) **Webcast Participant:** Interesting, thanks for mentioning

(10:02 AM) **Webcast Participant:** At this point I would rather reduce my HH than Alzheimers.

(10:02 AM) **Webcast Participant:** can someone address 's comment because I am taking this meds and it works but also heard that it causes memory loss

(10:02 AM) **Webcast Participant:** I know this sounds a bit off but I wonder if medicinal marijuana or something in it might help?

(10:02 AM) **Webcast Participant:** Yeah, my hands get ice cold. They are rigt now

(10:03 AM) **Webcast Participant:** Can you guys see the person in the bottom right hand corner fanning herself. That would be me, lol

(10:03 AM) **Webcast Participant:** Interesting . Just ordered cannibas oil this week.

(10:03 AM) **Webcast Participant:** That would be somewhere along the line of the Anti-Depressant drugs

(10:03 AM) **Webcast Participant:** Yes!

(10:03 AM) **Webcast Participant:** Yes, here it is legal so I wondered

(10:03 AM) **Webcast Participant:** , the medication also becomes less effective as you continue. A doctor at s Hopkins put me on Marinor, a derivative of marijuana, it is supposed to be effective in helping some but I could not tolerate it.

(10:04 AM) **Webcast Participant:** What would it do to you?

(10:04 AM) **Webcast Participant:** was that CBD oil?

(10:04 AM) **Webcast Participant:** I once heard that scalp and head HH is linked to/associated with excessive blushing. Has anyone else experienced that?

(10:04 AM) **Webcast Participant:** Thanks. What couldn't you tolerate? I'll try anything!

(10:05 AM) **Webcast Participant:** omg, master of cover up! so relatable

(10:05 AM) **Webcast Participant:** For sure, I still have excessive blushing even without scalp and head HH due to an eairler ETS surgery

(10:05 AM) **Webcast Participant:** it made me feel spaced out and a bit nauseous

(10:05 AM) **Webcast Participant:** Yes, CBD OIL

(10:05 AM) **Webcast Participant:** What courage this dancer has!

(10:05 AM) **Webcast Participant:** Wow, that's brave!

(10:06 AM) **Webcast Participant:** Ugh, I really don't want to use anything to affect mood thanks all

(10:06 AM) **Webcast Participant:** I get that feeling sometimes with Robinul. I can see my pupils are wider every day

(10:06 AM) **Webcast Participant:** Thanks !

(10:06 AM) **Webcast Participant:** can't imagine hot yoga

(10:06 AM) **Webcast Participant:** Yes, I was concerned about using it so used it only on special occasions

(10:06 AM) **Webcast Participant:** I am fine with Robinal, its just not effective, like using a bandaids on a leaking artery

(10:07 AM) **Webcast Participant:** It's the best thing ever.....and the only place where sweating is totally accepted!!

(10:07 AM) **Webcast Participant:** I actually like working out. You're supposed to sweat, I hide in with the masses

(10:07 AM) **Webcast Participant:** I also have taken hot yoga....and feel comfortable too...everyone sweats although I sweat more

(10:07 AM) **Webcast Participant:** How much do you take? how long have you taken?

(10:07 AM) **Webcast Participant:** I always got comments on what a great workout I must have had based on the amount of sweat.

(10:08 AM) **Webcast Participant:** Public speaking is hard for some, and I just love how these amazing people are just so compelled to tell their experience!

(10:08 AM) **Webcast Participant:** I know what she means ... I have never met anyone like me until now

(10:08 AM) **Webcast Participant:** If I had to do it, my hands would be dripping

(10:08 AM) **Webcast Participant:** If sweating caused weight loss I'd be scrawny

(10:08 AM) **Webcast Participant:** tine, I do it for a living!

(10:08 AM) **IHhS Moderator:** I hate public speaking as well

(10:08 AM) **Webcast Participant:** Ive taken meds like this for 20 years. i only take it when i need to be dry. the suggestion is one pill a day, I need to take 4 at a time to get any relief. id have to look at the mg on the bottle to let you know

(10:08 AM) **Webcast Participant:** anyone interested in what insurance companies consider medicall necessary flntractable, disabling focal primary hyperhidrosis (axillae, palms, and soles), when all of the following are met: Member is unresponsive or unable to tolerate pharmacotherapy prescribed for excessive sweating (e.g., anticholinergics, beta-blockers, or benzodiazepines) if sweating is episodic; and Significant disruption of professional and/or social life has occurred because of excessive sweating; and Topical aluminum chloride or other extra-strength antiperspirants are ineffective or result in a severe rashor HH. this is generally an industry standard:

(10:08 AM) **Webcast Participant:** I feel like those two people fanning myself

(10:09 AM) **Webcast Participant:** Cait, you did well!

(10:09 AM) **Webcast Participant:** I couldn't imagine living in an area when I couldn't drive. I blast that AC

(10:09 AM) **Webcast Participant:** I managed to overcome public speaking and I love it now!

(10:09 AM) **IHhS Moderator:** Thanks!

(10:09 AM) **Webcast Participant:** that's great!

(10:09 AM) **Webcast Participant:** yay ... i need to work on that still.

(10:09 AM) **Webcast Participant:** thats why I had difficulty with public speaking

(10:09 AM) **Webcast Participant:** Yes, post menopause!

(10:10 AM) **Webcast Participant:** She is living my life

(10:10 AM) **Webcast Participant:** I am in Training so have led groups up to a hundred people

(10:10 AM) **Webcast Participant:** sadly HH is time consuming to prepare for alot of things

(10:11 AM) **Webcast Participant:** Is there any links between HH and Hormones?

(10:11 AM) **Webcast Participant:** yes--for me--7 years POST menopause! Did NOT have hot flashes in menopause!!!!

(10:11 AM) **Webcast Participant:** I feel so sorry for this poor woman

(10:11 AM) **Webcast Participant:** Here here

(10:11 AM) **Webcast Participant:** thank you----it's me too

(10:11 AM) **Webcast Participant:** I would also like to hear about people who abuse alcohol or drugs ... I abused alcohol and have been sober 19 years

(10:11 AM) **Webcast Participant:** It's hard to treat now, I couldn't imagine 40+ years ago

(10:12 AM) **Webcast Participant:** I didn't have hot flashes during menopause either.

(10:12 AM) **Webcast Participant:** When I drank I didn't sweat

(10:12 AM) **Webcast Participant:** it was horrible

(10:12 AM) **Webcast Participant:** You were probably calmer

(10:12 AM) **Webcast Participant:** Congratulations on 19 years !

(10:12 AM) **Webcast Participant:** i'm wondering if i'm in the minority with back/chest/leg sweating?

(10:13 AM) **Webcast Participant:** I have had it for 50+ years

(10:13 AM) **Webcast Participant:** yes---I was an alcoholic for 19 years, before this developed!!!!

(10:13 AM) **Webcast Participant:** Yes, I think I was and thanks!

(10:13 AM) **Webcast Participant:** it is less common than plantar/palmar/auxillary

(10:13 AM) **IHhS Moderator:** Congrats

(10:13 AM) **Webcast Participant:** I have it as well. I can sweat through the back of a tshirt in no time flat.

(10:13 AM) **Webcast Participant:** it seems so yes

(10:13 AM) **Webcast Participant:** I am a moderate drinker, maybe a drink or two on the weekends. That makes me sweat and its one of the most frustrating things because its always ion a social situation

(10:13 AM) **Webcast Participant:** thx

(10:14 AM) **Webcast Participant:** I have slid in shoes before

(10:14 AM) **Webcast Participant:** Back/Chest/Leg sweating for me happened after ETS surgery for Auxillary and facial

(10:14 AM) **Webcast Participant:** Geez, I am terrified of ETS, after hearing all the horror stories,

(10:14 AM) **Webcast Participant:** compensatory, right?

(10:14 AM) **Webcast Participant:** me too

(10:14 AM) **Webcast Participant:** Same for me, Webcast Participant

(10:14 AM) **Webcast Participant:** I can live with the back sweating--shirt absorbs it--but dripping down my face and hair KILLS me!

(10:15 AM) **Webcast Participant:** I am so torn on ETS. I am so glad that I don't have facial and aux sweating anymore, it allows me to work in the field I love.

(10:15 AM) **Webcast Participant:** the strange thing is that i sweat nearly everywhere BUT my underarms

(10:15 AM) **Webcast Participant:** yes!

(10:15 AM) **Webcast Participant:** Me too!

(10:15 AM) **Webcast Participant:** But I have to take so many steps to reduce back, chest, and leg

(10:16 AM) **Webcast Participant:** Back, check, groin sweating is horrible

(10:16 AM) **Webcast Participant:** you are so right, in that face is so much more in the open. I can hide my back sweat with layers and fabrics

(10:16 AM) **Webcast Participant:** chest

(10:16 AM) **Webcast Participant:** Sounds like Hh is familial then?

(10:16 AM) **Webcast Participant:** I understand her tears

(10:16 AM) **Webcast Participant:** yes

(10:16 AM) **Webcast Participant:** A pat on the back is no longer a good thing for me

(10:17 AM) **Webcast Participant:** Yes, it is believed to be hereditary.

(10:17 AM) **Webcast Participant:** That was extremely emotional

(10:17 AM) **Webcast Participant:** I need more tissues hearing these brave people speak

(10:17 AM) **Webcast Participant:** Truly amazing people!

(10:17 AM) **Webcast Participant:** 15 minute break?? I thought it was 10 minute according to the program?

(10:17 AM) **Webcast Participant:** I even considered shaving my head because I was always dripping! My grandchildren said grandmas melting!

(10:18 AM) **Webcast Participant:** this webinar is wonderful. We are NOT alone

(10:18 AM) **Webcast Participant:** Thank you so MYCH to ALL of you!!!! I have felt so ALONE with all of this for 11 years. NOONE--even hubby, don't seem to understand!!!!!!

(10:18 AM) **Webcast Participant:** I feel your pain. Always wonder if my grandchildren will remember me as getting them wet when I hug them.

(10:18 AM) **Webcast Participant:** we all know what you're going through. You aren't alone

(10:19 AM) **Webcast Participant:** There seem to be a lot grandparents here today!!

(10:19 AM) **Webcast Participant:** Its an issue that needs a bigger stage. People that sweat normally have no idea the huge psychological impact this has, on so many people suffering in silence. Its a an issue not taken seriously, or unknown to many

(10:19 AM) **Webcast Participant:** I'm 73 and it never goes away.

(10:19 AM) **Webcast Participant:** support and understanding goes a long way

(10:19 AM) **Webcast Participant:** What is the second session. I have to sign off soon. Anywhere to get follow up information?

(10:20 AM) **Webcast Participant:** Yes

(10:20 AM) **Webcast Participant:** it returns in 15 minutes

(10:20 AM) **Webcast Participant:** , the webcast will be posted on SweatHelp in the coming weeks.

(10:20 AM) **Webcast Participant:** thank you all for the support and understanding

(10:21 AM) **Webcast Participant:** Great. Thank you and thanks to those who are trying to make a difference

(10:22 AM) **Webcast Participant:** I would be worried carrying that microphone that my sweat hands woud soak it!

(10:22 AM) **Webcast Participant:** Cait, did many people socialise before the event started?

(10:23 AM) **Webcast Participant:** I am a nurse case manager if anyone interested that needs help navigating their insurance plan/coverage/participating providers

(10:24 AM) **Webcast Participant:** , is there anything that can be done if the medication (Botox) isn't approved for the area that requires treatment?

(10:25 AM) **IHhS Moderator:** Hey all we re on break. Will return shortly

(10:25 AM) **IHhS Moderator:** are

(10:27 AM) **Webcast Participant:** Thanks Cait. How is it going in-person?

(10:28 AM) **Webcast Participant:** Looking for options for compensatory sweating of chest, stomach and back following ETS Procedure which is covered by insurance

(10:29 AM) **Webcast Participant:** I'm in the same boat. ETS gave me compensatory sweating that I currently "Manage" with Robinul

(10:30 AM) **Webcast Participant:** Thanks. How is the Robinul working for you?

(10:30 AM) **Webcast Participant:** curious. which area of sweating was most bothersome to you? is it worse now with the compensatory sweating?

(10:30 AM) **Webcast Participant:** I'm thankful that everyone was willing to share. I'm also enjoying Caryn's flute music!

(10:31 AM) **Webcast Participant:** Part 2 should be starting back up very soon

(10:31 AM) **Webcast Participant:** Webcast Participant. there is help to pay for Botox with savings card

(10:31 AM) **Webcast Participant:** I take 3MG each morning. I have for over 20 years now. It works really well, I am able to go through a normal day without a lot of shame.

(10:32 AM) **Webcast Participant:** I suffered from Aux and Facial sweating the most, After ETS those almost went away. Palm as well.

(10:32 AM) **Webcast Participant:** any compensatory sweating?

(10:32 AM) **Webcast Participant:** I do have to use lotion multiple times a day, mouth wash for dry mouth, and Tea Tree shampoo for dry scalp

(10:32 AM) **Webcast Participant:** Thats great. Thank you for the information.

(10:33 AM) **Webcast Participant:** Fist bumps, guys! :) I have to go, but thank you all for being here with me ♥Looking forward to seeing this when it is up on the website!

#kNOwsweatnovember

(10:33 AM) **Webcast Participant:** ok that's good. i guess the "trunk" sweating is easier to conceal?

(10:33 AM) **Webcast Participant:** is that through Allergen?

(10:33 AM) **Webcast Participant:** My back, chest and legs are the worst, I work at a desk in IT, so I can have a fan

(10:33 AM) **Webcast Participant:** Bye

(10:33 AM) **Webcast Participant:** Trunk is easier, facial sweating people can see from a mile away.

(10:33 AM) **Webcast Participant:** perfect... i'm in an IT role as well.

(10:33 AM) **Webcast Participant:** <https://www.botoxsavingscard.com>

(10:34 AM) **Webcast Participant:** I'm 6'4 250lbs, so everyone just thought I was a big sweaty mess

(10:34 AM) **Webcast Participant:** yep, makes sense.

(10:34 AM) **Webcast Participant:** thank you!

(10:34 AM) **Webcast Participant:** aw, i'm sorry... yes, they equate our sweating to us being out of shape or something.

(10:34 AM) **Webcast Participant:** HELLO I'm glad to be here!!

(10:34 AM) **Webcast Participant:** I can shake hands which is tremendously helpful, Overall I'm happy with ETS, I just wished it was a perfect solution

(10:35 AM) **Webcast Participant:** This break has been nearly 20minutes. I thought it was only supposed to be 10!

(10:36 AM) **Webcast Participant:** I'm just joining the discussion, so sorry to repeat. Anything on the horizon for back, groin, leg sweating?

(10:36 AM) **Webcast Participant:** I've done MiraDry for underarms & I am completely satisfied. Iontophoresis for hands & feet & are completely dry as Longview as I keep up the weekly treatments.

(10:36 AM) **Webcast Participant:** Webcast Participant. yes Allergen

(10:37 AM) **Webcast Participant:** Dry Cracked fingers are another bad side effect for me

(10:37 AM) **Webcast Participant:** Allergen for me?

(10:37 AM) **Webcast Participant:** I'm so glad to hear that MiraDry worked. I tried it and it didn't for me, but to have that option must be live saving

(10:39 AM) **Webcast Participant:** Webcast Participant. help to pay for botox if not covered is thru Allergan

(10:39 AM) **Webcast Participant:** Sounds like people are gathering

(10:39 AM) **Webcast Participant:** Hope it starts soon

(10:40 AM) **Webcast Participant:** Heard someone say in 2 minutes

(10:42 AM) **Webcast Participant:** Is there a way to stop this chat from refreshing?

(10:42 AM) **Webcast Participant:** I read this statement many times that sweating is good for your body because it releases toxins...is there and plus in having HH

(10:43 AM) **Webcast Participant:** Any pluses are great!

(10:43 AM) **Webcast Participant:** I can't hear or see video anymore...anyone else?

(10:43 AM) **Webcast Participant:** refresh the page

(10:43 AM) **IHhS Moderator:** It will start shortly

(10:44 AM) **Webcast Participant:** I can

(10:44 AM) **Webcast Participant:** or exit and come back in

(10:44 AM) **Webcast Participant:** Thanks Cait, it seems we are running a little late

(10:44 AM) **Webcast Participant:** Thanks Webcast Participant

(10:45 AM) **IHhS Moderator:** We are getting started soon!

(10:46 AM) **Webcast Participant:** Relax everyone.....there is no such thing as a 15 minute break.....it is always a 1/2 hour.....people cannot be corralled in 15 minutes!

(10:46 AM) **Webcast Participant:** Have to sign off. Thanks to everyone. Can't even put into words what it means to have understanding...

(10:46 AM) **IHhS Moderator:** Thanks for joining

(10:46 AM) **Webcast Participant:** bye

(10:46 AM) **Webcast Participant:** Bye .

(10:46 AM) **Webcast Participant:** You're right

(10:46 AM) **Webcast Participant:** Bye !

(10:46 AM) **Webcast Participant:** bye and thanks for your contributions

(10:47 AM) **Webcast Participant:** Thanks !

(10:47 AM) **Webcast Participant:** Thank you, !

(10:47 AM) **IHhS Moderator:** Angela has provided the National Suicide Prevention Hotline

(10:48 AM) **IHhS Moderator:** 1-800-273-8255 suicidepreventionlifeline.org

(10:48 AM) **IHhS Moderator:** For our friends needing support

(10:49 AM) **Webcast Participant:** Thank you

(10:49 AM) **Webcast Participant:** Thanks for that Cait

(10:50 AM) **IHhS Moderator:** HUGs

(10:53 AM) **Webcast Participant:** Interesting, I noticed me sweating has diminished since using botox ...

(10:53 AM) **Webcast Participant:** Well done Samantha!!

(10:53 AM) **Webcast Participant:** same here

(10:53 AM) **Webcast Participant:** meaning I am not using anymore

(10:54 AM) **Webcast Participant:** oh really, ? I wonder why?

(10:54 AM) **Webcast Participant:** why what?

(10:55 AM) **Webcast Participant:** ooo. diminished sweating with botox?

(10:55 AM) **Webcast Participant:** why the sweating has diminished since I used Botox. I meant I have used it and it worked but didn't go back for another treatment but noticed when it came back was not as bad.

(10:56 AM) **Webcast Participant:** so my sweating is not as severe when it came back after treatment wore off

(10:57 AM) **Webcast Participant:** Botox worked wonders for me but I can't afford the cost twice a year. It's even hard to find a Dr that will do it. The best Drs for it are often plastic surgeons, but most insurance won't cover a visit to a PS.

(10:57 AM) **Webcast Participant:** I have the same experience . I asked my physician and there is no solid reason. everyone is different. I now get injections every 6 months or longer

(10:58 AM) **Webcast Participant:** try a dermatologist.

(10:58 AM) **Webcast Participant:** Yes, I saw dermatologists. I found one through the IHS.

(10:59 AM) **Webcast Participant:** I am still looking for one familiar with the procedure and willing to participate with Botox Patient Assistance.

(10:59 AM) **Webcast Participant:** yes, dermatologist. they must have contractual agreement for reimbursement from ins company

(10:59 AM) **Webcast Participant:** There are now several treatments for specific sweating but those of us that have heavy general sweating or compensatory sweating are really challenged.

(10:59 AM) **Webcast Participant:** My one in Chicago actually charged less and sometimes they may have a special on the Botox

(11:00 AM) **Webcast Participant:** true

(11:01 AM) **Webcast Participant:** botox wipes. yea!! I would be on board with that

(11:01 AM) **Webcast Participant:** I want to be Eric's patient since he would understand my problems

(11:02 AM) **Webcast Participant:** Oh yeah! wipes would be amazing

(11:02 AM) **Webcast Participant:** hahaha splash zone

(11:03 AM) **IHhS Moderator:** So great

(11:03 AM) **Webcast Participant:** yes, I know this is difficult but humor helps.

(11:04 AM) **Webcast Participant:** problem with training physician on treating this is that we are a small minority and not a focus of concern so to speak

(11:04 AM) **Webcast Participant:** I would give up both pinky fingers

(11:04 AM) **Webcast Participant:** YES!

(11:04 AM) **Webcast Participant:** funny cause Im already missing my right middle finger

(11:04 AM) **Webcast Participant:** amen

(11:04 AM) **Webcast Participant:** Me too

(11:04 AM) **Webcast Participant:** I would add a toe Webcast Participant

(11:05 AM) **Webcast Participant:** for sure

(11:05 AM) **Webcast Participant:** Affects me insignificantly compared to HH

(11:05 AM) **Webcast Participant:** I'll bet. most probably don't even notice until attention is brought to it

(11:05 AM) **Webcast Participant:** interesting

(11:07 AM) **Webcast Participant:** not true not covered by insurance. all depends on your plan parameters

(11:07 AM) **Webcast Participant:** ost don't cover it

(11:08 AM) **Webcast Participant:** If iontophoresis was less painful and didnt take hours and hours a week I wouldn't even be looking for answers

(11:08 AM) **Webcast Participant:** how is it painful? I don't know much about it

(11:09 AM) **Webcast Participant:** Just joined missed a lot can I review this later?

(11:09 AM) **Webcast Participant:** Been there, done that - even family don't understand it, I have experienced that.

(11:10 AM) **Webcast Participant:** Certainly, most people that don't notice and those that do think its interesting. Have made up crazy stories at bars before to get numbers. Cant make up a badass story for when I have butt and pit stains and can barely talk

(11:10 AM) **Webcast Participant:** Iontophoresis is really tricky with lots of variables. Feels like a pins and needles sensation

(11:10 AM) **Webcast Participant:** . I worked as a nurse case manager for insurance companies for years. I did precert too for Botox. I am surprised

(11:10 AM) **Webcast Participant:** Exactly Webcast Participant

(11:10 AM) **Webcast Participant:** oh okay thanks,

(11:10 AM) **Webcast Participant:** You could almost describe it as very "spicy)

(11:11 AM) **Webcast Participant:** So what do we call this? A condition? I never know what to call it.

(11:11 AM) **Webcast Participant:** she has had quite a journey

(11:11 AM) **Webcast Participant:** i can't drink alcohol in pubic... it's like instantaneous sweat.

(11:11 AM) **Webcast Participant:** Is anyone else's droppng out, or just my internet connection?

(11:11 AM) **Webcast Participant:** the video player has a DVR function. Just scroll back to wherever you want to start watching.

(11:12 AM) **IHhS Moderator:** I'm still connected.

(11:12 AM) **Webcast Participant:** HH is a medical condition

(11:12 AM) **Webcast Participant:** I relate to her story so much

(11:12 AM) **IHhS Moderator:** Hyperhidrosis

(11:12 AM) **Webcast Participant:** , I heard one of the panelists call it a disease, but I'm not sure it's actually considered a disease. I just describe it as a condition.

(11:12 AM) **Webcast Participant:** Hmm a hereditart medical condition

(11:12 AM) **Webcast Participant:** Thank you!

(11:12 AM) **Webcast Participant:** I still have a good connection.

(11:12 AM) **Webcast Participant:** yes, I hear different terms

(11:13 AM) **Webcast Participant:** Also inteestingly my buttocks and armpit sweating stops if I can get my hands and feet to stop with iontophoresis

(11:13 AM) **Webcast Participant:** I would say it is as debilitating as a disease

(11:13 AM) **Webcast Participant:** ugh excuse my typos, all

(11:14 AM) **Webcast Participant:** Cait, will there be any mention of the future possibility of Miradry for other areas of the body

(11:14 AM) **Webcast Participant:** I sweat profusely from my head. I started taking Oxybutynin CL ER 15 mg tablet. It's actually helping me a bit.

(11:15 AM) **Webcast Participant:** I would be interested in Miradry for hands

(11:15 AM) **IHhS Moderator:** Hi, I am happy to forward questions.

(11:16 AM) **Webcast Participant:** Cait I would like to ask how the developments are for Miradry for hands

(11:16 AM) **Webcast Participant:** Nothing that I've ever tried to use on my hands or feet has worked - only made them more sweaty and slimy...frustrating...

(11:17 AM) **Webcast Participant:** We understand your emotions.

(11:17 AM) **Webcast Participant:** Thank you Cait if you would

(11:17 AM) **Webcast Participant:** We certainly do understand her emotions

(11:17 AM) **Webcast Participant:** Yes. I would be very interested in Miradry for hands too.

(11:17 AM) **Webcast Participant:** I want to give her a big hug

(11:17 AM) **Webcast Participant:** aww I feel her pain

(11:17 AM) **Webcast Participant:** Cait, if appropriate to ask, I would like to know from Megan (the RN) if she would encourage my daughter with palmer Hh to pursue her dreams of being an OT and how she would address this with her professors and future employers and patients/clients

(11:17 AM) **Webcast Participant:** I know exactly how Megan feels...

(11:17 AM) **Webcast Participant:** hang in there - we get it!

(11:17 AM) **Webcast Participant:** We love you

(11:17 AM) **Webcast Participant:** Me too

(11:18 AM) **Webcast Participant:** I actually did have a cell phone that was shown to be exposed to water, it was in my pocket

(11:18 AM) **Webcast Participant:** Disgusting...exactly. People don't seem to realize how humiliating this condition is. Yes, we love all of you for speaking for us!!

(11:18 AM) **Webcast Participant:** Yes, I have so much compassion for all of you

(11:18 AM) **Webcast Participant:** This is so poignant

(11:18 AM) **Webcast Participant:** whenever i hold babies, including my own, i have to turn my hands around and hold the baby not with my palms but the tops of my hands

(11:19 AM) **Webcast Participant:** Yes, mental health: depression, social anxiety, anxiety, etc. This needs more awareness, I am happy she mentioned this

(11:19 AM) **Webcast Participant:** The isolation is horrible .. I am isolated now

(11:19 AM) **Webcast Participant:** and the fear! and shame!

(11:19 AM) **Webcast Participant:** Mine is on my face and I always have to leave a function. My head gets soaked. My mother, sister, daughter, have it too.

(11:20 AM) **Webcast Participant:** , I feel the same and please know you're not alone. That doesn't fix things but I can't tell you how much of a relief this has been just to know I'm not a freak and not alone!!

(11:20 AM) **Webcast Participant:** Miradry is not covered by insurance. You can google for providers that offer this therapy. they should have a decent payment plan

(11:20 AM) **Webcast Participant:** Thank you, that is huge to know

(11:20 AM) **Webcast Participant:** Webcast Participant, did you have ETS surgery like I did? Is that the cause of your compensatory sweating?

(11:21 AM) **Webcast Participant:** I do what she does, sit on my hands a lot in meetings, try all kinds of ways to hide my hands.

(11:21 AM) **Webcast Participant:** that is what I had

(11:21 AM) **Webcast Participant:** oh my gosh, that term "freak" is how i've always felt. thanks everyone for your honesty.

(11:21 AM) **Webcast Participant:** This is so hard, she has so much to say, but so do others

(11:21 AM) **Webcast Participant:** No I have not. However for some reason when my hands sweat a lot it evokes armpit sweat. The same for feet as to buttocks

(11:21 AM) **Webcast Participant:** We need another day to discuss this. I feel good knowing everyone here understands!

(11:22 AM) **Webcast Participant:** my term for myself contained a swear word I won't use

(11:22 AM) **Webcast Participant:** defective is a good one

(11:22 AM) **Webcast Participant:** For me the ETS surgery has resulted in problems with compensatory sweating, but I was like Meghan.

(11:23 AM) **Webcast Participant:** Thank you Meagan!!!!

(11:23 AM) **Webcast Participant:** For me it is shame ... so much shame

(11:24 AM) **Webcast Participant:** Sending hugs

(11:24 AM) **Webcast Participant:** :(

(11:24 AM) **Webcast Participant:** Yep, that's when I first noticed it for me, there was no word for it. Kids were so mean and I have totally identified with the stories about being called gross, sweaty and feeling excluded.

(11:24 AM) **Webcast Participant:** Me too

(11:25 AM) **Webcast Participant:** Yep, shame for sure.

(11:25 AM) **Webcast Participant:** Yes, she is so right we are so much more and this cannot define us

(11:26 AM) **Webcast Participant:** oh God, the apologies! so familiar.

(11:26 AM) **Webcast Participant:** When i get up from sitting on a chair i fear that I've left a damp spot - I often do! it's soooo embarrassing!!

(11:26 AM) **Webcast Participant:** There's only one listed in my area

(11:26 AM) **Webcast Participant:** How many of you say you are sorry? Like we can help it!

(11:26 AM) **Webcast Participant:** EXACTLY!!

(11:27 AM) **Webcast Participant:** Dr David Nielson?

(11:28 AM) **IHhS Moderator:** David Pariser

(11:28 AM) **IHhS Moderator:** Doctor

(11:28 AM) **Webcast Participant:** Ah, thanks Cait

(11:29 AM) **Webcast Participant:** How many of you have to plan what clothes you wear to work or for any occasion? Consider your clothing and shoes and socks based on how much you think you're going to sweat that day?? Huge struggle for me. There are certain clothes/outfits I absolutely won't buy because "if I sweat in that it will be immediately visible".

(11:29 AM) **Webcast Participant:** Botox didn't help me much on my head

(11:30 AM) **Webcast Participant:** Yes, ... thank God for wraps and ponchos for women!

(11:30 AM) **Webcast Participant:** Cait, also could you ask about any research being done on iontophoresis? Any improvements being done to make it more effective and practical?

(11:30 AM) **Webcast Participant:** I agree. 50 shots--went 2 times.

(11:30 AM) **Webcast Participant:** botox did not work on your forehead?

(11:30 AM) **Webcast Participant:** That's what I'm afraid of, side effects from the medical interventions.

(11:31 AM) **Webcast Participant:** Oh yes, the cramps I forgot that .. for Robinul

(11:31 AM) **Webcast Participant:** correct it didn't work

(11:31 AM) **Webcast Participant:** Cait - will the posters be visible on this website?

(11:31 AM) **Webcast Participant:** Botox was not bad no problem with nderarms but hands took awhile to feel better and you lose grip strength

(11:32 AM) **IHhS Moderator:** , I am happy to forward this question.

(11:32 AM) **Webcast Participant:** cramps?

(11:32 AM) **IHhS Moderator:** I will ask Lisa

(11:32 AM) **Webcast Participant:** Thank you Cait!

(11:32 AM) **Webcast Participant:** Darn! That was my last alternative.....botox on the forehead

(11:32 AM) **Webcast Participant:** I got horrible leg cramps with Robinul

(11:32 AM) **Webcast Participant:** how often do you do the hand botox injections?

(11:33 AM) **Webcast Participant:** Every six months and I have a good doctor who knows where to inject ..

(11:33 AM) **Webcast Participant:** Is there a future event? Any info on how we can attend the next one??

(11:34 AM) **Webcast Participant:** I was considering doing botox for hands and feet but not sure how expensive and if this is something I'll have to do forever? Don't think I can afford it from the comments I've heard.

(11:34 AM) **Webcast Participant:** But it has been almost a year since I am not working and insurance doesn't cover it

(11:34 AM) **Webcast Participant:** Really nice to hear everyone share. Wish I was there in person

(11:34 AM) **Webcast Participant:** Thanks

(11:34 AM) **Webcast Participant:** sure

(11:34 AM) **Webcast Participant:** Me too

(11:34 AM) **Webcast Participant:** We'll try it because it may help for you plus I'm older maybe that could be a factor. I was researching the support groups and that's when I found oxybutynin It's the first time something helped

(11:35 AM) **Webcast Participant:** I started with underarms firsts

(11:35 AM) **Webcast Participant:** have the effects lasted since your last injection?

(11:35 AM) **Webcast Participant:** Hope we can get info on next event.

(11:35 AM) **IHhS Moderator:** IHS is working on fundraising for future events

(11:35 AM) **Webcast Participant:** Yes... I felt like this doctor knew how to inject better

(11:35 AM) **Webcast Participant:** my hands and underarms still sweat but not as bad

(11:36 AM) **Webcast Participant:** Secret Clinical and Certain Dry seems to keep the axillary sweat under control for me, but I have found NOTHING for my hands and feet...

(11:36 AM) **Webcast Participant:** Yep, I understand Sophia, bless your heart

(11:37 AM) **Webcast Participant:** Thanks for that. OMG, the botox kept my hands dry so amazing and he did the sides too so when writing that area did not sweat

(11:37 AM) **Webcast Participant:** Oh my summer was my worst!!!

(11:38 AM) **Webcast Participant:** Ugh I love the sun and warmth but ... :(

(11:38 AM) **Webcast Participant:** See, again with the sorry! This kills me.

(11:38 AM) **Webcast Participant:** , what is the name of your doctor? I live in Albuquerque and have had no luck with doctors here. My primary doc had a deer in the headlights look when I asked her about it.

(11:38 AM) **Webcast Participant:** me too but I'd have to carry a washcloth

(11:39 AM) **IHhS Moderator:** sweathelp.org has a doctor locator

(11:39 AM) **Webcast Participant:** I am not sure if I should share here. I can email if you would like

(11:39 AM) **Webcast Participant:** Any ideas for back sweating?

(11:39 AM) **Webcast Participant:** Yes, I found him through there and there is a doctor on this panel in Washington too

(11:40 AM) **Webcast Participant:** Cait - that's how I found my dr thank God!!!

(11:40 AM) **Webcast Participant:** Got it

(11:40 AM) **Webcast Participant:** i think us back sweaters are in the minority, but from what i know, an oral treatment is the only option (oxybutynin).

(11:41 AM) **Webcast Participant:** I am a back sweater due to having ETS surgery

(11:41 AM) **Webcast Participant:** I would see a doctor to make sure there is no underlying cause to the back sweating. Otherwise, topicals like Gillette, Certain Dri. Or, I've heard Secure wipes work. Anticholinergics are generally used for large areas of sweating. Botox probably not practical for the back.

(11:41 AM) **Webcast Participant:** that's what I use for my head/face and it's helped!

(11:42 AM) **Webcast Participant:** Thanks !

(11:42 AM) **Webcast Participant:** thx

(11:42 AM) **Webcast Participant:** i just sent

(11:43 AM) **Webcast Participant:** Sure! feel free to communicate with me through email.

(11:43 AM) **Webcast Participant:** I didn't know you could get disailty benefits for hyperhidrosis

(11:43 AM) **Webcast Participant:** I had to tell my dr about that pill. She wasn't familiar with it. We started at a Lowe dose and upped it to make sure I didn't have any side affects. I'm up to 15mgs

(11:43 AM) **Webcast Participant:** me neither! But I understand disability is hard to get

(11:44 AM) **Webcast Participant:** not just for hyperhydrosis can you get disability.

(11:44 AM) **Webcast Participant:** Yeah. I think I would take it if i could. This condition has really stopped me taking jobs

(11:44 AM) **Webcast Participant:** did you have palmar HH? Are you sorry you had the surgery?

(11:44 AM) **Webcast Participant:** I am in the same boat, compensatory sweating due to ETS

(11:45 AM) **Webcast Participant:** Great point!

(11:45 AM) **Webcast Participant:** however you may be able to get disability for the mental-emotional component

(11:45 AM) **Webcast Participant:** Yeah, perhaps

(11:45 AM) **Webcast Participant:** Thanks

(11:45 AM) **Webcast Participant:** has anyone seen an endocrinologist for Hh?

(11:46 AM) **Webcast Participant:** I have

(11:46 AM) **Webcast Participant:** When I was in my teens

(11:46 AM) **Webcast Participant:** Cait: anyone have experience seeing an endocrinologist?

(11:46 AM) **Webcast Participant:** I had Palmer yes..... Im not really sorry I had it but if I can go back I probably wouldn't have had it. The mental thing stayed because I'm still sweating due to Compensatory sweating.

(11:46 AM) **Webcast Participant:** , did it help?

(11:46 AM) **Webcast Participant:** Yes, I've seen an endocrinologist.

(11:46 AM) **IHhS Moderator:** I can forward these questions .

(11:46 AM) **Webcast Participant:** He gave me a battery of tests thinking I had a tumor on my adrenal glands

(11:47 AM) **Webcast Participant:** did it help?

(11:47 AM) **Webcast Participant:** Thanks Cait

(11:47 AM) **Webcast Participant:** all the tests were negative so back then that was it

(11:47 AM) **Webcast Participant:** GPs really know nothing about HH

(11:47 AM) **Webcast Participant:** The dr ran tests and -- in my case -- there was nothing she could do for me based on test results.

(11:47 AM) **Webcast Participant:** same here

(11:47 AM) **Webcast Participant:** oh, i'm so sorry!

(11:47 AM) **Webcast Participant:** Thank you all!!!!

(11:47 AM) **Webcast Participant:** agree

(11:48 AM) **Webcast Participant:** you too!

(11:48 AM) **Webcast Participant:** My mother was going to take me to a neurologist but then we decided not to

(11:48 AM) **Webcast Participant:** However, each person's body is different. Perhaps this might be a helpful option for others.

(11:48 AM) **Webcast Participant:** Thank you Lisa. Standing ovation!!!!

(11:48 AM) **Webcast Participant:** Yay, Lisa!

(11:48 AM) **Webcast Participant:** I am standing

(11:49 AM) **Webcast Participant:** I believe there's a different solution for each person.

(11:49 AM) **Webcast Participant:** Yay, Lisa!!!!

(11:49 AM) **Webcast Participant:** Yeah, I get that. I stil have to be careful about what colors I wear. And I sometimes wear extra undergarments to absorb sweat

(11:49 AM) **Webcast Participant:** Thank you Lisa!

(11:49 AM) **Webcast Participant:** Agree

(11:49 AM) **Webcast Participant:** It's not a one size fits all solution.

(11:50 AM) **Webcast Participant:** YES!

(11:50 AM) **Webcast Participant:** Everyone's problem in all parts of the body is as important as the other.

(11:50 AM) **Webcast Participant:** Exactly

(11:51 AM) **Webcast Participant:** More important for me

(11:51 AM) **Webcast Participant:** my underarms are the worst for me

(11:52 AM) **Webcast Participant:** I've ruined family wedding pictures because of my facial sweating!!!

(11:52 AM) **Webcast Participant:** Yes and MANY thanks to Lisa!!!!

(11:52 AM) **Webcast Participant:** Hi All, today's webcast will be posted on SweatHelp.org within the coming weeks, by December 1st. So, please stay tuned and check SweatHelp.org often! Thank you:)

(11:52 AM) **Webcast Participant:** Thank you.

(11:53 AM) **Webcast Participant:** Thank you!

(11:53 AM) **Webcast Participant:** Hands and feet for me. I can't tell you how thankful I am for this webinar....been fighting back tears here at work but don't care because it's so important!!

(11:53 AM) **Webcast Participant:** Thanks. Do you work with Cait?

(11:53 AM) **Webcast Participant:** Thanks so much!

(11:53 AM) **IHhS Moderator:** She is Lisa's right hand lady

(11:53 AM) **Webcast Participant:** Ah right.

(11:54 AM) **Webcast Participant:** Me too. hugs to all sufferers

(11:54 AM) **Webcast Participant:** Cait...Please please help to make the Live Chat transcript available for us. Thank you so much!

(11:54 AM) **Webcast Participant:** Thank you! I've been lucky to work with IHhS/Lisa and all the Team that makes events like this happen! You're all wonderful people!

(11:54 AM) **Webcast Participant:** Thank you!

(11:54 AM) **Webcast Participant:** Thank you to all the "chatters!" I've learned a lot from you!

(11:54 AM) **Webcast Participant:** Yes, please!!

(11:55 AM) **IHhS Moderator:** I'll check on this

(11:55 AM) **Webcast Participant:** I would love it if sweat help had a forum like this.

(11:55 AM) **Webcast Participant:** Thank you Cait!

(11:55 AM) **Webcast Participant:** So would I

(11:55 AM) **Webcast Participant:** Thanks is small word for all the work you all doing.

(11:56 AM) **Webcast Participant:** Be sure to send your comments to me at Christine@SweatHelp.org to be added to our Public Docket.

(11:56 AM) **Webcast Participant:** Hi Guys and thank you! I think there needs to be more neurological research, particularly at the embryonic stage and hypothalamus development.

(11:56 AM) **Webcast Participant:** I put my makeup on with a fan, I walk out, and in a matter of five minutes, I sweat it off.

(11:56 AM) **Webcast Participant:** This was GREAT. thank you for putting it on

(11:56 AM) **Webcast Participant:** ☐ ☐ ☐ ☐ ☐ thank you!

(11:57 AM) **IHhS Moderator:** Thank you all! We are on your team!!

(11:57 AM) **Webcast Participant:** Thank you all! You all give me hope!! :)

(11:57 AM) **Webcast Participant:** This was wonderful and now I realize that I am not alone. I have all of you in my support group

(11:57 AM) **Webcast Participant:** this was awesome!

(11:57 AM) **Webcast Participant:** Thank you everyone for being so honest and open!

(11:57 AM) **Webcast Participant:** Exactly!

(11:58 AM) **Webcast Participant:** I feel like I have made hundreds of new friends!

(11:58 AM) **Webcast Participant:** This was so great. Thanks Lisa. And thank you Cait for all your help with tehe tech issues. This event has been excellent!!!!

(11:58 AM) **Webcast Participant:** Thank you for all of your great comments, everyone!

(11:58 AM) **Webcast Participant:** this gave me a lot of hope, and allows me to face the day ahead. Take care everyone.

(11:58 AM) **Webcast Participant:** Thanks all!

(11:58 AM) **Webcast Participant:** Thank you!

(11:58 AM) **Webcast Participant:** Thank you all!!

(11:58 AM) **Webcast Participant:** Thank you everyone!!

(11:58 AM) **Webcast Participant:** Thanks everyone. Thanks Cait!!!!

(11:58 AM) **Webcast Participant:** have a great day and a better week!

All