

SWEAT-O-METER

People with hyperhidrosis often take lots of showers, change their clothes multiple times a day, and try all kinds of antiperspirants and powders from the drug store. Use our sweat-o-meter to measure your sweat-related habits.

How many times a day do you shower? **1_2_3_4_5_**

How many times a day do you change your clothes? **1_2_3_4_5_**

How many pairs of socks do you wear each day? **1_2_3_4_5_**

How many times a day do you dry sweat off your hands? **1_2_3_4_5_**

How many different kinds of drugstore antiperspirant or powder-type products have you tried? **1_2_3_4_5_**

How many times per week do you change your plans or cancel plans because of sweating or fear of sweating? **1_2_3_4_5_**

How many 3s, 4s, and 5s did you circle? If you count 4 or more of these higher numbers, sweat may be dominating your time! Talk to a doctor to find out if there are treatments that can help control your sweat so you can spend more time living life and less time cleaning up.

INTERNATIONAL
HYPERHIDROSIS
SOCIETY®

Taking action. Taking care.

Learn more about sweat at our website
www.SweatHelp.org

