INTRODUCTION

Hyperhidrosis is a disease characterized by perspiration in excess of the physiologic amount necessary to maintain thermal homeostasis. Patients can have excessive sweating either in a localized focal area or generalized over the entire body. Primary disease is usually focal, affecting the soles, palms, and axillae in various combinations and with varying degrees of severity. 1

Although Hyperhidrosis is estimated to affect at least 10 million people in the United States alone, the general public is largely unaware that this medical condition even exists. The hyperhidrosis patient, acutely aware of the social taboos of perspiration, often suffers in silence, managing the condition with a wide range of compensating behaviors. Additionally, while these compensating behaviors can provide some degree of relief, they often come at the expense of compliance issues such as irritation and damage to clothing.

OBJECTIVES

• To better understand the lifestyle impact, compensating behaviors, and treatment experiences of hyperhidrosis patients, so as to provide improved communication about the condition.

• To understand issues and initiatives of current topical treatments for excess axillary sweating.

METHODOLOGY

Moderated panel discussion with female hyperhidrosis patients to better understand the impact of excessive sweating. A total of 21 panelists participated in 1 of 3 sessions conducted in Philadelphia, PA and Cincinnati, OH. The research consisted of panel discussions moderated by an independent consultant, who guided the panelists through the following topics:

- Lifestyle limitations as a result of the disease
- Personal and doctor-prescribed treatment regimes
- Compensating behaviors for treatment failures

Panelists were recruited from a database of hyperhidrosis patients compiled by the International Hyperhidrosis Society, with the criteria that they be female and live within 90 miles of the research facility.

- The panelists were of ages ranging from 14 to 52 (Average Age~ 29).

LIFESTYLE LIMITATIONS

Results from the panel discussions illustrated that Hyperhidrosis impacts women’s lives on multiple levels. From personal relationships with family and friends, professional interactions, and their confidence and self esteem, the excessive sweating they experience has a substantial impact on their quality of life, virtually every moment of every day.

“Treat over your life. You think about it all the time. It’s an obsession, but it’s uncontrollable. It becomes your life. It is the controller.”

“With kids this is really important. I wear sweat shirts even when it gets unbearably hot.”

“Compensating BEHAVIORS

The panelists discussed a broad variety of compensating behaviors that they have adapted as a means of dealing with excessive sweating. Many of the behaviors are inconvenient and time-consuming, contributing to the panelists’ feeling that their bodies’ dysfunction controls their lives.

“I wear arm bands when I’m running. If I’m not sweating, I can use them to carry my phone along with the water bag.”

“I keep a pan in my bathroom while I’m getting ready because I don’t want to be sweating while getting ready. I won’t put a piece of clothing on until I’m almost ready because I’m just going to sweat through it.”

TREATMENT REGIMES

The majority of the panelists had tried a wide variety of topical treatments for addressing axillary sweating and provided these insights:

- Prescription Aluminum Chloride Products
  • High Efficacy during usage.
  • Poor Compliance due to severe irritation
  • Skin Irritation (50%) still limits compliance

- OTC with Aluminum Zirconium Actives
  • Moderate Efficacy with Low Irritation
  • Lack of awareness, both of the disease itself and of potential treatment options represent the primary barrier to hyperhidrosis sufferers finding the relief they need.

- OTC Aluminum Chloride
  • Moderate to high efficacy
  • High Efficacy during usage.
  • Poor Compliance due to severe irritation

• The面板ists were of ages ranging from 14 to 52 (Average Age~ 29).

CONCLUSIONS

- Clearly, the research illustrates that the millions of people throughout the world who suffer from hyperhidrosis face an isolating, embarrassing, and damaging struggle every day. Sweaty palms, sweaty feet, sweat soaked armpits and dripping foreheads—hyperhidrosis takes a heavy toll on a person’s life.

- Lack of awareness, both of the disease itself and of potential treatment options represent the primary barrier to hyperhidrosis suffers finding the relief they need.

- It is recommended that patients diagnosed with excess axillary sweating should first try an OTC soft solid antiperspirant (clinically proven to be the most efficaceous form) twice a day to maximize the efficacy of this high–compliance form.

References
