



Q: I have excessive sweating in the underarms and antiperspirants are not helpful. I am getting married soon and I am worried about sweat stains ruining my wedding dress. What should I do?

A: Sweating is a normal response to increased body temperature and is regulated by the sympathetic nervous system. Excessive sweating or hyperhidrosis however is a debilitating disorder. The profuse sweating in those who suffer from axillary (underarm) hyperhidrosis results in dampness with staining of the clothes shortly after they dress. This in turn leads to skin irritation, bad odor, social embarrassment and disruption of activities of daily living. Although in most instances, the cause is unknown, management includes clinical evaluation to rule out secondary causes.

If medicated or non-medicated topical agents are not helpful, other treatment options to consider include Botulinum (eg. Botox) which is an approved and effective treatment for this condition.

For more information, visit the website of the Kalamazoo Nerve Center.

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