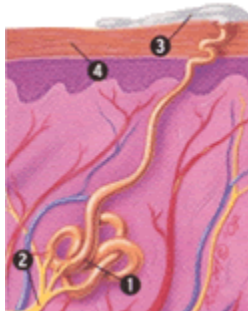


What to do about excessive perspiration

By Jody Buffalo

It's natural - even necessary - to sweat (it's the body's cooling mechanism). But some women perspire excessively (a condition known as hyperhidrosis) even without overheating. We got the inside scoop from Hackensack, N.J.-based dermatologist David Goldberg, M.D., about why some women sweat more than others, and what can help.



PERSPIRATION

1. sweat gland
2. nerve ending
3. fluid (sweat)
4. skin surface

THE BASIC FACTS

There are 2-4 million **sweat glands** throughout the body; they're found in large numbers on the soles of the feet, on the palms and in the armpits. Sweat glands are activated by **nerve endings** in the dermal layer of the skin that respond to chemical messages from the brain. Changes in temperature, emotion, levels of hormones or of activity cause the glands to secrete a clear fluid (**sweat**) that helps the body control its internal temperature by cooling the **surface of the skin**.

WHAT TO LOOK FOR

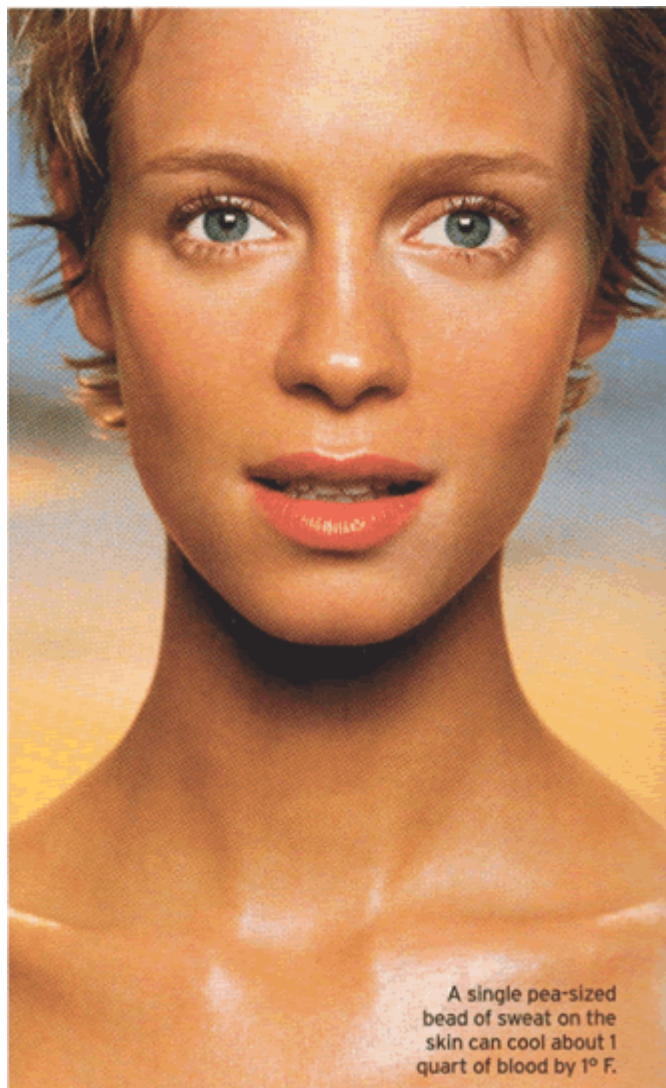
The most obvious trigger of sweating is heat - generated by physical activity and/or the outside temperature, but there are also other reasons why we perspire:

- ▶ **Stress** Anxiety triggers the brain to produce the hormones that make you sweat.
- ▶ **Medical conditions**, including diabetes and thyroid disorders, can cause excessive sweating.
- ▶ **A malfunction in the nervous system** causes sweat glands to overreact.
- ▶ **Heredity** Hyperhidrosis seems to run in families.

SIMPLE SOLUTIONS

You can minimize sweating. Beauty Rx:

1. **Use an antiperspirant with aluminum chloride**, which blocks pores to inhibit the release of sweat. Try the new Soft & Dri DermaStripe (\$3.29; at drugstores).
2. **Relax** to control perspiration-triggering stress.
3. **See a dermatologist for Botox injections** to temporarily freeze the nerve that would normally stimulate the sweat gland: you'll need treatment every six to nine months, at about \$1,000 per visit.
4. **Talk to your doctor about surgery** that can interrupt sweat production permanently. "It's a radical measure that should be taken only if nothing else works," Goldberg cautions.



A single pea-sized bead of sweat on the skin can cool about 1 quart of blood by 1° F.



WHAT WORKS "The hottest thing right now is treating excessive sweating with Botox injections," says David Goldberg, M.D., director of The Skin Laser & Surgery Specialists of New York & New Jersey (in New York City, Westwood, N.Y., and Hackensack, N.J.) and a clinical professor of derma

tology at Mount Sinai School of Medicine in New York City. "Botox isn't cheap, but it's very effective to temporarily stop the excess sweat that ruins patients' clothes and causes them psychological anguish." It's normal for everyone to sweat during, stressful situations like making a speech and during physical exertion - in fact, you need to perspire. "However," says Goldberg, "if you're sweating all the time and it's impairing your quality of life, you should seek professional advice."