

SWEATING EXCESSIVELY?

Hyperhidrosis is a condition in which a person sweats excessively not related to exercise or heat.



People worldwide struggle with hyperhidrosis or excessive sweating.²

THERE ARE TWO TYPES OF HYPERHIDROSIS

93% of patients with hyperhidrosis are diagnosed with primary hyperhidrosis.³

Primary (or focal) hyperhidrosis is defined as excessive sweating not caused by any underlying conditions, most often occurring in the hands, underarms, and feet.

Secondary hyperhidrosis is when excessive sweating occurs all over the body and is caused by an underlying medical condition, heat, or medication.²

- Primary hyperhidrosis typically starts between 14-25 years of age.²
- Hyperhidrosis is often undiagnosed and under-treated with many patients waiting 10+ years before seeking treatment.²
- Hyperhidrosis is treatable; seek help as soon as you experience excessive sweat.

HYPERHIDROSIS IMPAIRS DAILY FUNCTIONS AND SOCIAL INTERACTIONS

4.8% of the U.S. population is affected by hyperhidrosis²



At work



Exercise



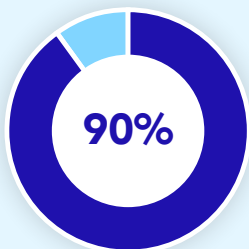
At school



Personal relationships & intimacy



Everyday activities



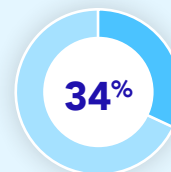
of hyperhidrosis sufferers claim that excessive sweating affects their emotions²



50% are less confident



38% are frustrated



34% are unhappy



20% are depressed

TALK WITH YOUR PROVIDER IF:

- You sweat more than normal.
- Your daily life is disrupted by excessive sweating.
- You rely on supplies (like t-shirts, absorbent materials, topical products) to cope with sweat.
- Your excessive sweating is affecting your performance at work.

PRIMARY AXILLARY HYPERHIDROSIS IS THE #1 BOTHERSOME TYPE OF FOCAL HYPERHIDROSIS⁴



WHILE PRIMARY AXILLARY HYPERHIDROSIS ISN'T PREVENTABLE, IT IS TREATABLE

Primary axillary hyperhidrosis is caused by overactive sweat gland activity. When sweat glands overreact, it results in more sweat produced than is necessary, often causing visible sweat stains.



Common Misconceptions

Primary axillary hyperhidrosis is **NOT** caused by:

STRESS

POOR HYGIENE

LIFESTYLE CHOICES

POTENTIAL BENEFITS OF GETTING TREATED

- ✓ Significant reduction in generalized anxiety and social anxiety symptoms (with microwave treatment).⁵
- ✓ Avoiding chemical/artificial ingredients (aluminum chloride)
- ✓ More confidence to wear what you want
- ✓ No more sweat stains

TREATMENT OPTIONS FOR AXILLARY HYPERHIDROSIS

Daily Solutions



- Oral Medication
- Prescription Antiperspirant
- Wipes

Weekly Solutions



- Iontophoresis

Quarterly Solutions



- Botulinum Toxin Injection

Permanent Solutions



- Microwave Ablation
- Surgery

Interested in a permanent solution?

Talk to your doctor and scan the QR code to learn more about a treatment option.



References: 1. Data on file. miraDry, Inc. 2. International Hyperhidrosis Society, [sweathelp.org](https://www.sweathelp.org) <https://www.sweathelp.org/> 3. Nawrocki, S., & Cha, J. (2019). The etiology, diagnosis, and management of hyperhidrosis: A comprehensive review: Therapeutic options. *Journal of the American Academy of Dermatology*, 81(3), 669–680. 4. Muthusamy, A., Gajendran, R., Ponnann, S., Thangavel, D., & Rangan, V. (2016). A Study on the Impact of Hyperhidrosis on the Quality of Life among College Students. *Journal of clinical and diagnostic research: JCDDR*, 10(6), CC08–CC10. 5. Parrish, C., Waldbaum, B., Coleman, D., Blevins, C., Rodgers, K., Lee, B., Ober, C., Hudhud, L., Cox, S., Griffin, C., Chew, S., Chen, B., & Brock, M. (2020). Microwave Thermolysis Reduces Generalized and Social Anxiety in Young Adults With Axillary Hyperhidrosis. *Lasers in surgery and medicine*, 52(9), 842–847. MK2023.A