

BEAT THE HEAT!

Are you afraid to raise your arms because embarrassing rings got you down? Let's face it, nobody likes body odor or perspiration and absolutely no one likes visible "sweaty rings" on their clothing. Too much sweating can not only be embarrassing, it is uncomfortable and can lead to other medical issues. Alternatives with excellent results do exist and have proven to be much more effective than the common over-the-counter products. Medications taken by mouth for this condition can have unwanted side effects that many cannot tolerate.

WHAT IS HYPERHIDROSIS?

Sweating is a normal function of our body's largest organ, the skin. The skin produces sweat when it gets signals from your brain that your body needs to cool off. Sometimes sweat glands become too active and produce sweat when it is not needed. Excessive sweating in medical language is called hyperhidrosis. Hyperhidrosis can affect many different areas of the body including the armpits, hands, feet and groin areas. Excessive underarm sweating is known as primary axillary hyperhidrosis. When a person has primary axillary hyperhidrosis, sweating significantly exceeds the body's normal requirements for cooling.

DO I HAVE PRIMARY AXILLARY HYPERHIDROSIS?

Only a medical professional can diagnose hyperhidrosis. If you feel that you sweat too much, causing problems in your day to day living, schedule an appointment with a board certified provider so that your condition can be evaluated. Questions about your medical history, your family history, and when you first noticed your excessive underarm sweating will need to be answered. You also will be asked to describe how excessive sweating affects your daily activities by answering a series of questions. Once a diagnosis has been made, the provider will work with you to determine the appropriate treatment option for you.

SO, WHAT ARE POSSIBLE TREATMENT OPTIONS?

Antiperspirants/Deodorants

Often considered the "first line" of treatment for excessive underarm sweating, both over-the-counter and prescription strength antiperspirants are available. Antiperspirants use chemicals such as aluminum chloride and other metallic salts to block the sweat ducts. The goal is to reduce the amount of

sweat that reaches the skin. The down side, however, is that high concentrations of these harsh chemicals can cause skin irritation and can ruin certain clothing.

The combination of bacteria with sweat creates the lovely thing we like to call body odor. Deodorants attempt to control body odor by making the skin more acidic. Bacteria usually do not like to live in acidic conditions, but we all know how those tricky things like to become "resistant" to things we do to them. In normal conditions, deodorants and antiperspirants combined help control sweating in addition to odor.

Iontophoresis

Iontophoresis uses an electronic device that conducts mild electrical currents to a skin surface submerged in shallow tap water. Iontophoresis is performed using one of two Food and Drug Administration (FDA) approved electrical generators. Many providers consider tap water iontophoresis to be the first line of treatment for hyperhidrosis of the palms and soles. Each 20-40 minute treatment is initially done 3-4 times a week, and can be maintained on a once weekly basis. Scientists and researchers have theories on how the process works to reduce excessive sweating, but have not determined exactly how it works. Treatment for axillary hyperhidrosis can be performed, but is more cumbersome.

Surgery

There are a number of different types of surgical procedures that have been reported to help treat excessive sweating, but they are usually reserved for the most severe cases that have not responded to other treatments. ETS or endoscopic thoracic sympathectomy is the most commonly used procedure that involves surgically interrupting the transmission of nerve signals from the spinal column to the sweat



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Cooling Down The Natural Way!

glands in the affected area. This procedure requires specialized training and may result in “compensatory” sweating where sweating is increased in another part of the body. Other types of surgery sometimes used for excessive sweating under the arms include liposuction and the surgical removal of the sweat glands under the skin.

BOTOX® TREATMENT

BOTOX® is FDA approved for excessive underarm sweating when perspiration is inadequately managed with topical agents. BOTOX® is a natural purified protein produced by Allergan USA, Inc., of Irvine, California, and it is the most studied brand of botulinum toxin in the world. Used in more than 20 countries worldwide for hyperhidrosis, BOTOX® has been used for over a decade to treat more than 1 million patients with various other medical conditions, including spasticity and movement disorders.

THAT’S GREAT, BUT HOW DOES BOTOX® TREAT HYPERHIDROSIS?

BOTOX® has the unique ability to temporarily block signals from the nervous system that are responsible

for “turning on” the body’s sweat glands. It’s simple, if the glands are not able to turn on, then they can’t pump out the sweat. The best part about BOTOX® is that we can select exactly where we want to turn these sweat glands off by injections in that area. The small amount of BOTOX® injected does not travel very far (about 1/3 of an inch), so we can be even more selective in determining exactly which areas need to be treated.

Botulinum toxin injections can be given in the office, are quick, and do not demand any restrictions in work or leisure activity (aside from certain activities on the day of the injections).

HOW IS BOTOX® FOR HYPERHIDROSIS PERFORMED?

Once you have been diagnosed as having primary axillary hyperhidrosis and your medical provider has determined that you are a candidate for treatment with BOTOX® you can begin the process. Look for a board certified provider with expertise in performing this procedure as proper training and technique will provide the best result.

You should notify your provider if you are allergic to BOTOX® product or anything in the preparation for injection. You will also need to notify your provider if you have a neuromuscular disease such as amyotrophic lateral sclerosis, motor neuropathy, myasthenia gravis, or Lambert-Eaton syndrome. Be sure to tell your provider if you have an infection at the intended site of injection. Also, notify your provider if you are taking antibiotics or other drugs, such as curare that can interfere with neuromuscular transmission, or if you are being treated with any medications.

Prior to the procedure a topical anesthetic may be applied to ease discomfort. Because the injections are quick and are superficially placed with a very fine needle, most people do not require topical anesthetic when treating the underarms. Your provider may also choose to use the iodine starch test to determine exactly which areas contain the most overactive sweat glands. From here, a map outlining the specific sites to be injected is drawn with a skin marker. Multiple injections are given based on the assessment of the area that needs to be treated.

There is a remote possibility that during the procedure some sweat glands may be missed. As a result, you may continue to experience some sweating from the untreated areas. Your provider will set up a follow up appointment about a month after your treatment so that any areas of residual sweating can be identified and treated.

WHAT ARE THE MOST COMMON SIDE EFFECTS?

In clinical studies of patients diagnosed with hyperhidrosis, the most frequently reported side effects (3% to 10% of patients) following BOTOX® injections included injection-site pain and bleeding, non-underarm sweating, infection, inflammation of the throat, flu syndrome, headache, fever, neck or back pain, itching, and anxiety.

Serious adverse events rarely have been reported. If you think you are having an allergic reaction or other unusual symptoms, such as difficulty swallowing, speaking, or breathing, call your doctor or go to the closest emergency room immediately.

HOW LONG DOES THE EFFECT LAST?

You should notice a significant reduction in underarm sweating within 4 weeks of your first treatment.

In one clinical study involving 322 patients with severe underarm sweating, 81% of the patients receiving

botulinum toxin injections achieved a greater than 50% reduction in sweating. And, 50% of the patients had their excessive sweating relieved for at least 201 days (nearly 7 months).

As with many medical conditions, BOTOX® treatments for hyperhidrosis may be an excellent treatment, but the result is not permanent. Your initial symptoms will gradually return over a period of six to seventeen months. When needed, injections can be repeated as simply as they were done the first time.

DOES INSURANCE COVER THE TREATMENT?

Because hyperhidrosis is a serious medical condition - you deserve insurance coverage and reimbursement for your doctor's visits and treatments. It is sometimes necessary to provide your insurance company with a written personal statement outlining what preventative measures have already been taken and what over-the-counter medications or products have failed.

We will do our best to help you get approval from your insurance company, but you can also find help through Allergan USA's BOTOX ADVANTAGE® Program and Reimbursement Hotline. Allergan USA also has more than a decade of experience with reimbursement for BOTOX® treatment. To find out how BOTOX® is covered under your insurance plan, call the BOTOX ADVANTAGE® Reimbursement Hotline, toll-free, at 1-800-530-6680, Monday through Friday, from 8 AM to 8 PM Eastern Time. If you do not have insurance, you may qualify for the BOTOX® Patient Assistance Program Allergan provides.

WHAT IF MY INSURANCE WON'T PAY FOR THE TREATMENT, OR I DON'T WANT TO WAIT?

You may wish to pay out-of-pocket for your treatment. Discuss this option with your provider during your initial consultation.



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