

365 MILLION People Worldwide

INTERNATIONAL HYPERHIDROSIS SOCIETY®
Know Sweat
SweatHelp.org



Have Hyperhidrosis (Hh) = Excessive, Uncontrollable, Chronic, Genetic Sweating Disorder¹



Normal Sweating

Hyperhidrosis Sweating²

Mental Health Impacts of Hh

With Hyperhidrosis
Depression **27%**
Anxiety **21%**



Without Hyperhidrosis
Depression **10%**
Anxiety **7.5%**⁷

Hyperhidrosis (Hh): More common than autism, melanoma, psoriasis, & peanut allergies.^{1,3-6}

But due to stigma and embarrassment, Hh is almost never talked about.

Physical Health Impacts of Hh

300% greater risk of skin infections among Hh sufferers⁸
60% report negative impacts on general health¹
40% report physical discomfort⁹

Hyperhidrosis affects **4.8%**¹ of the population



Please Don't Get Too Close!

Most Hh sufferers avoid public view, handshakes and other forms of touch.⁹



Raise Awareness >> Raise Potential

To empower careers: Provide access to Hh information, accommodation and treatments. With effective care, Hh sufferers are more satisfied at work, have better performance and experience significant improvements in well-being.¹²

80% of people with Hh are dissatisfied with their abilities at work
42% say Hh prevents them from following a career path
30% are frustrated by daily tasks & say they accomplish less work due to Hh
25% say Hh makes them less accurate & careful
20% report problems using **computers, mobile phones & touch screens**^{9,13,14}

It's Genetic

Nearly 2/3rds of Hh sufferers indicate other family members have Hh too.¹¹

88% of Hh sufferers say their excessive sweating has either stayed the same or gotten worse over time.
65% say Hh is an issue no matter the season or weather. **64%** of palmar/plantar hyperhidrosis cases manifest before the **age of 12**.¹⁰

How old are your workers?

8.8% of people aged **18-39** years have hyperhidrosis.¹



Age 12



Age 18



Age 30



Age 80

Hh Heartbreak

Hh gets in the way of networking, friendships, relationships, and inclusion.^{1,9}

85% of Hh sufferers wait **3+ YEARS** before talking to a healthcare professional about extreme sweating **50%** wait **10+ years**.¹⁵ **27%** of adults are **never diagnosed**.¹

About the International Hyperhidrosis Society: Founded in 2003 by an elite team of world-respected physicians in hyperhidrosis research and treatment, the International Hyperhidrosis Society is the only independent, non-profit, global organization that strives to improve quality of life for those affected by excessive sweating. Its mission is to reduce the symptoms, anxiety and social stigma associated with excessive sweating by improving the information, support and treatments available to the millions of children, teens and adults affected by hyperhidrosis worldwide. Visit SweatHelp.org for a focused Physician Finder, to access useful downloads, and to stay up-to-date thanks to the hyperhidrosis news blog. Connect on Facebook via [SweatingStopsHere](#) and Twitter [@WeKnowSweat](#).

“I’ve been a dermatologist for 36 years but for the last 15 I’ve been extremely interested in treating patients with hyperhidrosis. I spend so much time and effort treating these patients because dermatologists can improve the quality of life of patients with hyperhidrosis more than they can for patients with any other problem including the worst psoriasis, eczema, acne, and even skin cancer. Hyperhidrosis is the #1 dermatological disease in terms of negatively affecting a person's quality of life but is also #1 in having the most dramatically positive impact when treated. Sufferers deserve help.”

Dr. David Pariser, Secretary and Founding Member, International Hyperhidrosis Society; Professor, Department of Dermatology, Eastern Virginia Medical School; 2009 President, American Academy of Dermatology; Senior Physician, Pariser Dermatology Specialists.



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