

ADDRESS YOUR SWEAT

The first step is talking about sweat—and this guide can help. First, review this guide with a parent or caregiver. Then share your responses with your dermatologist to give him or her a clear sense of how much sweat is affecting your life. Your answers can help your dermatologist to see the larger picture and offer the best solutions for you.

How long have you experienced signs of excessive sweating (hyperhidrosis)?

- Less than 6 months
- 6 months to a year
- Longer than a year

If longer than a year, when did you first notice signs of excessive sweating?

Where on your body do you experience excessive sweating? (Select as many options as apply)

- Hands
- Feet
- Underarms
- Head or face
- Other

Please describe the moment you realized your sweating was more than a little extra. When did you realize your sweating was interfering with your life? Were you at work? Out with friends? With family? Be as specific as possible.

Have you recently experienced any underarm sweating NOT related to exercise, stress, or weather? (If “no,” please skip the next 2 questions.)

- No
- Yes, within the last 24 hours
- Yes, within the last week
- Yes, within the last 2 weeks
- Yes, within the last month

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If “yes,” how would you rate your underarm sweating at its worst?

- Very little sweating
- In between very little and moderately sweating
- In between moderately and worst possible sweating
- Worst possible sweating

If “yes,” how bothered were you by your underarm sweating?

- Not bothered at all
- A little bothered
- Moderately bothered
- Very bothered
- Extremely bothered

In general, how has your excessive sweating made you feel? Some people use words like “embarrassed” or “less confident.” Feel free to use whatever words best describe how you feel.

What lifestyle changes, if any, have you made as a result of your sweating? (Examples include changing shirts due to sweating, taking multiple showers or baths in a day, and/or wearing only dark clothes or layers.)

Has your sweating kept you from interacting with others?

- Yes No

If “yes,” please be specific. (For example, did you skip going out with friends, did you avoid spending time with family or friends over the weekend, did it affect your performance at school?)

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Are you sweating excessively during waking or sleeping hours?

- Waking
 Sleeping
 Both

How else does your excessive sweating affect your life?

Do people make fun of you at school about your sweating?

- Yes No

Is it impacting your performance at school (grades, extracurricular activities, etc)?

- Yes No

How much time do you spend worrying about your excessive sweating every day?

FOR PARENTS AND CAREGIVERS

Please answer the following question(s):

Can you think of any specific moments where your child's sweating kept him or her from interacting with others?

- Yes No

If "yes," please be specific. (For example, did your child avoid taking part in activities at school or on weekends, did he or she have issues dating, has sweating affected his or her participation in sports?)

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Tips for before and after your appointment

Before you go

- Write down a list of all the medications you are currently taking
- Bring in photos of how much sweat is absorbed by your clothing
- Be ready to talk about what you've been doing (or done in the past) to manage your sweating, including if you've used/use antiperspirants and/or deodorants

After you leave

- Keep the lines of communication open with the dermatologist and continue to update him or her on how you're doing
- Check out the International Hyperhidrosis Society (SweatHelp.org) to find out more about excessive sweating. You'll find articles, patient stories, and even a dermatologist-finder tool

NOTES

Stay informed

Register to receive updates and more information about excessive sweating at CheckYourSweat.com.