

## Here's How to Know If You Sweat More Than the Average Person

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Sweating happens—especially now that it’s hot outside on the regular. But how sweaty you get can be totally different from how your friends react to the heat. So, how do you know if you sweat too much?

While board-certified dermatologist Marie Leger, M.D., Ph.D., a member of the American Academy of Dermatology, points out that sweating is completely normal, she also says some people sweat when their body doesn’t need to be cooled. It’s a condition that has a name—hyperhidrosis.

It’s actually pretty common, says Gary Goldenberg, M.D., medical director of the Dermatology Faculty Practice at the Icahn School of Medicine at Mount Sinai, adding that he sees people with hyperhidrosis pretty regularly in his practice.

So, how do you know if you have hyperhidrosis? “Sweating when you are hot or even nervous or anxious is normal,” Leger explains. “Outside of these situations, something else may be going on.” People with hyperhidrosis

might also sweat more than the average person when they work out, Goldenberg says, and the excessive sweating happens most commonly in their armpits, feet, hands, and hairline.

While doctors don't usually know why someone has hyperhidrosis, there are several ways to treat it. If you find that you have sweatier-than-normal armpits, doctors can recommend prescription-strength antiperspirants with aluminum chloride, which can help. Botox injections can also control the sweating, Goldenberg says: "This usually decreases or completely eliminates sweating in the injected area."

There's also a newer treatment called miraDry, which uses microwave energy to permanently target and destroy sweat glands, Leger says.

If you suspect that you sweat more than you should, talk to your doctor—he or she should be able to get things under control. "A board-certified dermatologist can help both assess extensive sweating to make sure it's not related to a medication or another medical condition and also help to treat it," Leger says.