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Hyperhidrosis

Sweating is necessary to control body temperature during times of exercise and in warm or hot surroundings. It is regulated by the sympathetic nervous system but in one per cent of the population the system works at too high a level causing sweating to occur at inappropriate times in specific areas of the body. This condition is known as hyperhidrosis.

Symptoms of hyperhidrosis:

Hyperhidrosis can occur in many different parts of the body. Most commonly it occurs on the palms of the hands and the soles of the feet. It is not a temporary condition and many people who have this condition have suffered from it for some years, usually from adolescence. Hyperhidrosis affecting the feet is usually worse in hot weather.

Causes of hyperhidrosis:

Hyperhidrosis has been linked to over-activity in the sympathetic nervous system. However, sometimes people will sweat excessively because of other illnesses such as hyperthyroidism, psychiatric disorders, menopause and obesity.

There are two types of hyperhidrosis: primary hyperhidrosis which may have been present since adolescence and secondary hyperhidrosis associated with illness.

Excess sweating can cause certain areas of the foot to be very red and sore. These can be between the toes, the soles of the feet, the outer borders of the feet and the heels. Between the toes, the excess moisture causes the adjacent skin surfaces to chafe. Excess moisture from the weight bearing surfaces of the feet can cause inflammation.

Hyperhidrosis can cause an increased likelihood of athlete's foot which is a fungal infection of the skin and verruca which are caused by a virus affecting the skin.

Treatment of hyperhidrosis:



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The type of hyperhidrosis has to be identified as either primary or secondary before a treatment plan is put into place.

The Malvern Podiatry Surgery has a range of products for the treatment of hyperhidrosis.

- 1) Sikopeds: these are insoles that are placed into the shoe and worn for a few days. This wearing period will provide up to a month of reduced sweating.
- 2) Akileine anti-perspirant cream can be used to regulate Sweating.
- 3) Akileine absorbing powder has an excellent drying action which can be used in footwear.