

## **What is New in Excessive Sweating?**

*Presented by Dr. Dee Anna Glaser, MD*

Dr. Glaser's approach to treating hyperhidrosis is to:

1. Confirm the diagnosis
2. Assess all areas
3. Identify the most bothersome areas using the Hyperhidrosis Disease Severity Scale (HDSS) ratings
4. Treat focally
5. Combine systemic drugs with local therapies
6. Set expectations

Clonidine might help to treat craniofacial sweating. Glycopyrrolate does not penetrate the blood-brain-barrier. Oxybutynin is classified as a Category B drug for use during pregnancy. Tap water iontophoresis (TWI) should be started, but it has not been studied for use in pregnancy, or with pacemakers or other cardiac devices. Dry salt therapy rarely helps with palmoplantar sweating, should not be occluded, and should be applied at nighttime and washed off in the morning.