



## **Do you have Hyperhidrosis?**

Only a medical professional can diagnose hyperhidrosis, but you can help your physician better understand your situation by explaining how you believe excessive sweating affects your life.

The following list of questions is designed to guide your self-assessment.

Keep your responses to these questions in mind when you visit your physician to discuss hyperhidrosis and use them to help guide the conversation during your next appointment.

You can also visit **[www.SweatHelp.org](http://www.SweatHelp.org)** for additional information. While you are there, register to use the Physician Finder and subscribe to the FREE online newsletter!

1. How much time per day do you spend “dealing” with sweat?
2. Do you carry “supplies” (such as pads, extra clothes, napkins, powders, antiperspirants, or towels) to help you manage your sweat?
3. How many times per day do you change clothes? Bathe?
4. Do you ever change your social plans due to excessive sweating or fear of excessive sweating?
5. Have you tried many antiperspirants or powders designed to control sweating?
6. Have you experienced skin irritation due to excessive sweating or your attempts to manage excessive sweating?
7. Have you ever damaged reading or writing material, artwork, paperwork, a musical instrument, or an electric or metallic device due to sweating?
8. Does excessive sweating affect your work performance or career choices?
9. Does sweating in public cause you distress?
10. Have you ever lost friends or a job due to excessive sweating?

**[www.SweatHelp.org](http://www.SweatHelp.org)**