HYPERHIDROSIS - THE "SILENT" HANDICAP

Unusual/excessive sweating
What is Hyperhidrosis?

Sweating is natural for the body and it contributes to regulating your body temperature. However, if you experience excessive sweating you may suffer from hyperhidrosis.

When you suffer from hyperhidrosis you sweat so much that the sweat may actually be dripping. It is very individual which part of the body you sweat from. Some people are annoyed by e.g. sweaty hands or they sweat a lot from the armpits. Others suffer from excessive sweating from multiple parts of the body, e.g. face, head, neck.

Hyperhidrosis is often attributed to a genetic factor, and it is not unusual that several members in a family suffer from excessive sweating. It is estimated that about 2-3 in 100 persons suffers from this “silent” handicap.

Excessive sweating can appear at children and young people as early as the teenage years, or for some even before. It is common for people suffering from hyperhidrosis that their quality of life is significantly impaired. The consequences for the individual are more serious than one can imagine at first, and numerous:

- Children and young people perceive school years as a very problematic period where they feel different and misunderstood, and it is not unusual that they feel so embarrassed about their sweating that they do not want to go to school.
- They do not feel confident enough to talk about their sweating, not even with their next of kin, and they hide the disease from friends and family.
- People suffering from hyperhidrosis refrain from social contact and do not dare apply for the jobs and educations they want.
- They spend much time trying to figure out various tricks to prevent others from finding out how much they sweat, and they try to avoid situations where it will be difficult to hide their excessive sweating.
- They feel shame and are in a physically bad shape, and they end up being treated for e.g. anxiety neurosis and social phobia.
- They can be subjected to bullying as people think their excessive sweating is due to uncertainty and not to an imbalance in the “cooling system” of the body.
- They are suspected of drug abuse or an excessive intake of alcohol.

Hidros Clinic in Denmark

Dr. Carl Swartling, expert in skin diseases, PhD and senior lecturer, is one of the two founders of the Hidros Clinic and has worked with hyperhidrosis research since 1996. In 2003 he opened the first Clinic in the Nordic region (Svettmottagning in Uppsala, Sweden in 2003) and since 2009 he has established private clinics in Copenhagen, Oslo, and Stockholm. And now in London.

At the Hidros Clinic in Denmark doctors, nurses, and anaesthesiologists have worked with diagnosing, treatment, and research in hyperhidrosis since 2010.

In Sweden the focus on hyperhidrosis is increasing, very much due to the work and efforts of Dr. Swartling and “Svettmottagningen”, and today you can get treated for hyperhidrosis at most public hospitals in Sweden.

In many countries the therapeutic options are not yet widely known in the general public despite the fact that hyperhidrosis treatment is being offered at regional hospitals and by experts in dermatological diseases.
Feel free to contact us with your questions

We know for a fact that a great number of people live a life full of restraints, and they think they are all alone with this problem. We are here to help.

Please do not hesitate to contact the Hidros Clinic by phone or e-mail for more information or any questions you may have.

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Opening hours on the telephone:
Monday – Thursday 7.00 – 15.30 Friday 7-11.00 (UK-time)