

## Excessive sweating disorder can negatively influence job prospects

If success is one per cent inspiration and ninety-nine percent perspiration, then it might follow that the Hyperhidrosis sufferer should have no trouble gaining employment. *Not so fast.* According to a recent International Hyperhidrosis Society (IHHS) employment survey of people dealing with issues of excessive sweating, the condition, also known as hyperhidrosis, can deter potential employers from hiring otherwise capable candidates and even deter those afflicted from seeking employment altogether.

*"It comes as no surprise that our survey has confirmed the debilitating effect of hyperhidrosis on employment,"* says Dr. David Pariser, president of the world-renowned American Academy of Dermatology and founding board member of IHHS. *"In today's tough economy, job seekers need every possible edge to make a good first impression on potential employers. Unfortunately, the excessive sweating disorder is often misinterpreted as a lack of confidence, negatively influencing chances of being selected as a job candidate."*

Conducted by the IHHS, the survey reveals the impact of the sweat condition on job interviews and career choices. The findings are dramatic, especially among those living with the affliction. The survey numbers clearly show the personal and professional toll experienced by individuals with hyperhidrosis. Because of concerns about excessive underarm sweat;

- 86% of those surveyed say they are fearful of going on job interviews,
- 27% avoid job interviews altogether,
- 88% say they avoid professions which are likely to reveal their ailment,
- 67% avoid speaking in public while in a professional setting, and
- More than half (56%) has had to avoid giving a presentation due to excessive underarm sweat.

The survey's most shocking find is that nearly 1-in-4 adults (24%) don't know that chronic excessive sweating is a treatable medical disorder. The social stigma and lack of understanding about this life-altering condition, even by those who live with it, is especially tragic when help and hope are so easily attainable.

Human resources consultant and transformational life coach Suzanne Eder is a strong proponent of job seekers utilizing all means of assistance to become advocates for their personal success and happiness. *"The most essential element required to develop a deeply satisfying career is maintaining a state of inner peace and confidence. Without that strong foundation, self-doubt can erode the creative potential of even the most qualified person for a given opportunity. I would strongly encourage anyone dealing with the challenges of hyperhidrosis to reach out for the support and treatment they need and deserve."*

The IHHS website [www.SweatHelp.org](http://www.SweatHelp.org) provides education, support and medical resources to an estimated 176 million affected children, teens and adults worldwide. Translated into Spanish, German, French and Portuguese; visitors to the site soon discover that a network

of support systems exist, that a variety of treatment programs are largely covered by insurance, and that there is a resource leader to turn to for answers to every question there is about the disorder. The site's Physician Finder database helps individuals locate doctors worldwide. The link focuses solely on physicians that are both familiar with hyperhidrosis and trained by the IHHS on treatment methods.

Hyperhidrosis is a treatable medical condition that results in sweating that exceeds the normal amount required to maintain consistent body temperature -- up to five times the average volume. This excessive sweating occurs regardless of environmental surroundings - people with hyperhidrosis sweat profusely nearly all day, every day. Primary hyperhidrosis can affect one or more body areas, most often the palms, armpits, soles of the feet or face and sometimes the groin and under the breasts in men and women. Secondary hyperhidrosis, on the other hand, is generalized, typically involving the whole body.

The *International Hyperhidrosis Society Survey on Excessive Underarm Sweating and its Impact on Adults in the Workplace* was conducted September 23 to October 4, 2009. A nationwide sample of 2,068 U.S. adults aged 18 years and older participated in the survey. The survey also includes an additional study of 233 U.S. adults aged 18 years and older, all diagnosed with hyperhidrosis.

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