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# Want to stop getting in a sweat? There's a new 30-minute laser treatment for that

Hyperhidrosis or excessive sweating is an embarrassing condition that can wreck social lives - now a new treatment can cure it for good

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There's new hope for sufferers of excessive sweating [GETTY]

WE ALL **sweat**. It is the body's way of regulating temperature but what happens when perspiration becomes so excessive, it cannot be controlled by even the strongest antiperspirants?

And you become so self-conscious about the prospect of ugly sweat patches appearing on your clothes that it begins to affect your work and social life.

Hyperhidrosis is the medical name for abnormal **excessive sweating**. It mostly affects the armpits, hands and feet. In its worst form it affects three per cent of the population but many more are afflicted to a lesser degree.

It is thought that the nerves that trigger sweating malfunction causing the **sweat glands** to produce much more than required. What causes them to malfunction is not clear but up to two thirds of patients have a family history of the disorder suggesting, it may have a genetic cause and usually appears after adolescence.

Hyperhidrosis can also be triggered by some medications such as the antidepressant venlafaxine, the breast cancer treatment tamoxifen, and gonadotrophin-releasing hormone antagonists, a class of drugs used to treat **fertility problems** and prostate cancer.

Standard treatments include strong prescription-only **antiperspirants** and drugs such as propantheline or oxybutynin that work by blocking messages from the nerves that control the sweat glands. Unfortunately side effects of these medications can include a dry mouth, blurred vision, and problems with urination.

Botox injections transformed treatment a few years ago but the it needs to be repeated three to four times a year.



A new laser treatment can blast sweat glands away to reduce the amount of sweat produced [GETTY]

Now a new one-off treatment called Cynosure's PrecisionTx ([cynosureuk.com](http://cynosureuk.com)) has been launched in the UK. The procedure, which was first developed in US, uses a laser under the skin to permanently destroy excess sweat glands and return perspiration levels to normal.

The treatment takes 30 minutes to carry out under local anaesthetic through a 3mm incision and the results appear to be permanent.

"Precision works by ablating the sweat ducts and glands in the axillae (armpit). We know that it works and is effective for axillary hyperhidrosis for 12 months and has the potential to become one of the first line and mainstay treatment for this condition which there is no cure or **longer lasting** treatments," says consultant dermatologist Sanjay Rajpara.

Last month, 26-year-old Sophie Barker, who had suffered from the condition since the age of 15, had the PrecisionTx treatment carried out by plastic surgeon Hassan Shaaban at the Laser Plastic Surgery clinic in central London.

"At about the age of 15 I started to realise I was **sweating** more than my peers," says the marketing assistant from Wimbledon, south London. "I became more conscious of my condition every day. As a result I found that my confidence deteriorated.

"I remember trying to tape cotton pads to under my arms and wearing baggy tops so nobody would see the sweat patches. My **mum** would make sure I had a healthy supply of deodorant but nothing seemed to stop it.

Over the years I learnt how to live with the condition. My doctor also gave me prescriptive deodorants and I tried some tropical treatments which didn't really work.

If I was going out after work, I would always make sure to have a number of clean tops in my handbag and I would try to go home to shower before going out. If I couldn't I would usually wash my underarms and use a lot of deodorant which left my skin irritated and sore."

Straight after the half-hour treatment Sophie took painkillers to ease the minor discomfort and skin tenderness. After a few days she was able to remove the bandages.

She says: "It has been a few weeks but now I am really starting to notice a difference. When I come home in the evenings my clothes are not as damp as they would usually feel. I also find that I don't need to change my clothes as often. Each week I notice there is less sweat and my skin is in better condition."

**For more information visit [laserplasticsurgery.co.uk](http://laserplasticsurgery.co.uk) or call 020 7935 2231. Prices for PrecisionTx start from £2,500**

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