



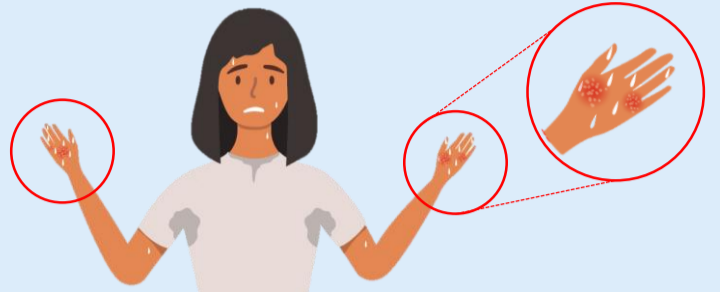
Do you have sweaty palms?

Sweaty palms, also known as Palmar Hyperhidrosis, refers to a condition characterized by **excessive sweating** of the palms.

Problems you may face if you have sweaty palms



Sweaty palms may cause problems in **daily activities** such as difficulty in handling pens, papers, electronic devices as well as the need to avoid handshakes.



Excessive sweat on the palms may also cause skin to peel off over time as it stays wet for too long. If left untreated, other skin conditions may arise.

Other symptoms of excessive sweating

- Excessive sweating may also appear in other parts of the body such as feet, underarms or face.



- Sweaty feet may appear whitish and wet. It is often accompanied by unpleasant odour.
- If left untreated, sweaty feet can lead to fungal foot and nail infections.

What should you do?

- Consider using antiperspirants to help reduce sweating.
- Antiperspirants usually contain the ingredient aluminum chloride, which can help to block the sweat glands. Try to apply these when the skin is dry to prevent skin irritation.
- Choosing appropriate footwear and changing socks frequently may help to reduce moisture on the feet.



Tips to reduce excessive sweating



Reducing certain triggers such as spicy foods and excessive heat can help reduce excessive sweating.



If the use of an antiperspirant does not help, you should **consult a doctor** to assess your condition for alternative treatment.

HEALTH + advice tips

If excessive sweating affects the whole body, do consult a doctor as this may be due to other medical conditions. If you have any existing medical conditions or are currently taking any long-term medications, you may wish to consult our Pharmacist or Doctor for appropriate treatment and advice instead.



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