

A New, Permanent Solution for Excessive Sweating

Want to stop excessive underarm sweating? A pit stop in your doctor's office may solve your hyperhidrosis in surprisingly little time.



If you have axillary hyperhidrosis, or excessive sweating, you're all too familiar with the pit falls of the condition: dealing with underarm stains, stressing over potential body odors, and eliminating silk shirts from your wardrobe.

Until now, the most common treatments available were prescription antiperspirant, Botox injections, or surgery. However, a new non-invasive procedure promises to relieve the mental, physical, and fashion stresses of the 1 in 5 Americans dealing with excessive sweating by targeting the source of the problem.

Tips: The Science of Sweat

The miraDry procedure, which became available in doctors' offices earlier this year, uses electromagnetic energy (the same type of energy already used to treat eye surgery and some cancers) to destroy sweat glands. Each session of miraDry (two appointments scheduled three months apart are suggested for best results) lasts about an hour and side effects are minimal.

How miraDry Works

The underarm area is numbed and a clinician presses a handheld device against the skin. Heat energy targets the area where sweat glands sit, which causes the glands to die.

“The heat is delivered to the sweat glands through microwave technology,” explains [David J. Goldberg, MD](#), a New York City-based dermatologist and clinical professor at the Mount Sinai School of Medicine. “Such technology is not new medicine but is new for treatment of unwanted sweating.”

Tips: How to Look Great After Exercising

While the price tag for miraDry isn't cheap (around \$3,000 for the two-session treatment), the savings are considerable compared to regular Botox injections (around \$1,500 for each session every six months). Plus, miraDry's effects are permanent while Botox eventually wears off over time. The results have been more effective too: Patients with hyperhidrosis that underwent miraDry saw an average 82 percent sweat reduction after 12 months, according to a study published in *Dermatologic Surgery*.

Is miraDry Safe?

Although sweating is the body's natural way to cool itself, destroying those located underneath the arms won't impact your ability to regulate temperature. “Only a portion of armpit sweat glands are destroyed,” says Goldberg. “And those represent only a small fraction of the body's total number of sweat glands.”

Tips: 5 Tricks to Staying Cool

“There is armpit swelling after the procedure that lasts two to seven days,” says Goldberg. “But other than that, there are no other side effects.”

Since sweat glands do not grow back, the results are long-lasting, meaning you can finally wear a silk shirt – and not sweat it.

Last Updated: Tuesday, August 28, 2012