

July 2012

**DROP THOSE LAST FEW POUNDS: 6 SIMPLE STRATEGIES!**

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# Don't Sweat It

Feeling sticky is normal in the summer. But 15 to 20 percent of people say they perspire too much, and about 3 percent actually have a condition called hyperhidrosis—meaning they sweat so excessively that it interferes with their lives—says Dee Anna Glaser, M.D., president of the International Hyperhidrosis Society. If you've been living in dread of wet circles or clammy palms, try these strategies.

## ▶▶ **RETHINK YOUR WARDROBE**

Choose natural, breathable fabrics like linen and cotton in light colors. "Dark shades absorb more sunshine," says Glaser. Wear loose layers to help keep air flowing; you can also peel some off as you start to perspire. If you sweat a lot under your arms or in your groin area, try moisture-wicking tees and underwear, like those by Under Armour (from \$18; [underarmour.com](http://underarmour.com)).

## ▶▶ **CHANGE ANTIPERSPIRANTS**

Trade up to a clinical-strength formula, which—compared with regular ones—contains a higher percentage of aluminum zirconium tetrachlorohydrate, an effective over-the-counter sweat stopper. Antiperspirant does a better job of blocking sweat glands if you put it on in the evening (when most people perspire less), says Glaser, so swipe it on before bed. Then reapply in the morning for extra protection. You can also use it anywhere you sweat a lot—not

only under your arms but on your feet, hands, and even your forehead. No improvement? Consider Certain Dri (\$7; [walmart.com](http://walmart.com)), which uses the more potent aluminum chloride. Apply it at night and wash it off in the a.m. You should be less damp in days.

## ▶▶ **GET AN RX**

If OTC options aren't cutting it, ask a dermatologist about Drysol or Hypercare, which have a higher percentage of aluminum chloride. That makes them stronger—but also more likely to irritate skin. In severe cases, an oral drug like Ditropan (oxybutynin) may

help you perspire less all over. However, it can put you at risk for overheating, since you won't be able to sweat to cool off.

## ▶▶ **TRY A LONG-TERM TREATMENT**

Botox may be best known as a wrinkle fighter, but since 2004 it's been FDA-approved to combat sweat too. It interferes with the nerves that stimulate sweat glands and can cut perspiration by more than 75 percent for about seven months. You'll likely need 15 injections under each arm, so it's not for the needle-phobic. Unless your insurance covers it, you'll pay up to \$1,500 per visit.

A newer and even longer-lasting fix is miraDry. For this procedure, a physician injects a local anesthetic and then uses a handheld device to destroy sweat glands with electromagnetic energy, explains David Goldberg, M.D., director of laser research in the department of dermatology at Mount Sinai School of Medicine. Most people need a repeat session three months later, after which they report an 82 percent reduction in underarm perspiration. Two treatments cost about \$3,000, and you may develop temporary numbness or sensitivity in the treated area, but effects last at least 18 months.



Getting steamy? Go to [sweathelp.org](http://sweathelp.org) to find out if you're one of the 8 million Americans with hyperhidrosis.

**66** / Percent of people who perceive someone who's sweating to be nervous SOURCE: HARRIS INTERACTIVE SURVEY