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# Say goodbye to sweaty palms

SWEATING is an automatic process in every human.

In some people, however, natural perspiration occurs excessively, leading to a condition known as hyperhidrosis.

Common areas where excessive sweating is prone to occur are the hands, face, feet and axillae (armpit).

This condition is prevalent in 0.6% to 1% of young adults.

It often begins during adolescence but can occur in people of all ages.

The cause of this condition is unknown but it is often related to over-activity in the sympathetic nervous system.

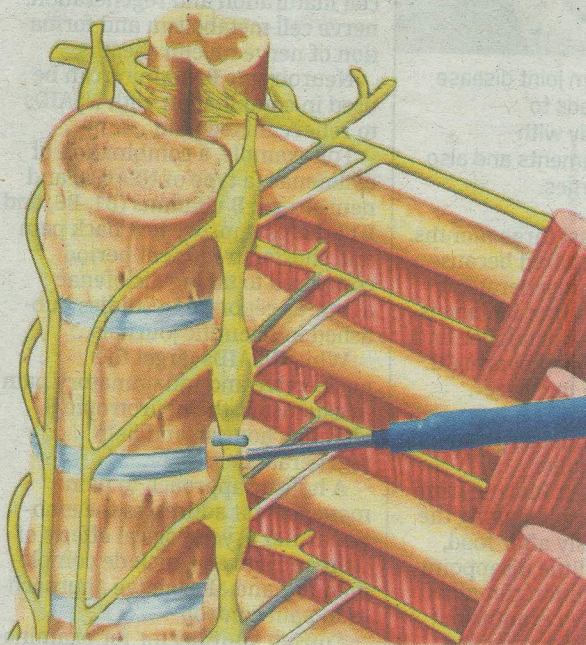
Sweaty palms (palmar hyperhidrosis) symptoms include:

- Continuous sweating
- Sweating without an apparent reason
- Sweating not due to exercising
- Provoked by emotional stress or hot weather conditions
- Sweating stops during sleep

Fortunately, there are treatments that can help address hyperhidrosis.

One such procedure is the Endoscopic Thoracic Sympathicotomy where two 5mm incisions (minimising pain and scarring) are made on each side of the chest to allow access into the chest cavities.

With the aid of a camera mounted on the thoracoscope, the sympathetic chains are visualised and duly clipped using titanium clips at the level of the second and third thoracic vertebra.



An illustration of an Endoscopic Thoracic Sympathicotomy procedure.

The procedure is performed under general anaesthesia.

The results are usually immediate and patients can leave the hospital on the same day with warm, dry hands.

This article is brought to you by iHeal Medical Centre.

■ For more information, look out for the advertisement in this *StarSpecial*.