

HYPERHIDROSIS

WHAT CAUSES FEET SWEATING?

It is common to have sweaty feet at times, but excessive sweating can indicate a condition called hyperhidrosis. Sweaty feet can also lead to other health issues, such as foot odor, athlete's foot, and toenail fungus.

According to the International Hyperhidrosis Society, hyperhidrosis affects almost 5 percent of people worldwide. Those with excessive sweating of the feet, called plantar hyperhidrosis, can struggle to keep them dry throughout the day. The sweat glands continue to produce extreme quantities of sweat, which many people find both uncomfortable and embarrassing.

There are many ways to handle plantar hyperhidrosis.

PREVENTING SWEATY FEET

People can try using the following methods to prevent sweaty feet:

1. USING ANTIFUNGAL POWDERS

An antifungal foot powder will help to keep feet dry and odor-free.

An alternative option is to apply a light dusting of cornstarch to the feet. Cornstarch, however, does not fight fungus in the way that antifungal powders do.

2. APPLYING ANTIPERSPIRANT

The feet contain more sweat glands per inch than any other part of the body. There are approximately 125,000 sweat glands on each foot.

An antiperspirant deodorant or spray is an easy-to-use remedy for sweaty feet. These products work by temporarily blocking the sweat glands.

The American Academy of Dermatology recommend applying antiperspirant to dry feet before bed and washing it off in the morning. People should repeat this for another 3 or 4 consecutive nights and then switch to using it once or twice a week.

Washing sweaty feet not only rinses away sweat and bacteria but cools the skin down and reduces further sweating.

Aim to wash the feet at least once, if not twice, a day. Use an over-the-counter (OTC) antifungal soap or add a few drops of antimicrobial essential oil, such as tea tree or eucalyptus, to the water.

Dry the feet thoroughly, especially in between the toes. Damp feet allow bacteria and fungus to flourish.

Apply a light dusting of antifungal powder or cornstarch before slipping on cotton socks and breathable shoes.