

Excessive Sweating?

Are your blouses always stained and wet under the arms?

BY DR. ROBERTA L. GARTSIDE

Have you ever been at an event or meeting and wanted to take your jacket or sweater off but you couldn't because of excessive wetness or sweating under the arms?

This condition is referred to as Hyperhidrosis. Over a million individuals in the United States are diagnosed with this condition. It most commonly affects the under arms, or axilla, but can affect other areas such as the palms and soles of the feet.

Hyperhidrosis can be treated both surgically and non-surgically. Surgery is obviously invasive and may be associated with complications, time off work or recurrence of sweating. The first line of non-surgical treatment is to use antiperspirants. Antiperspirants for people with primary Hyperhidrosis are generally ineffective, require frequent reapplication and may cause skin irritation. The use of Botulinum Toxin A (BTX-A) or Botox has come forward as a reasonable treatment option. Like inhibiting the contraction of muscles between the eyebrow to help minimize lines and frowning, BTX-A prevents the stimulation of the sweat glands thereby reducing the excess sweating. The procedure is done in the office and there is no down time or recovery involved.

There are a few tests that can be used to diagnose severe sweating but the more valuable measure seems to be those that involve looking at one's quality of life and how much does the excess sweating interfere with ones daily activities, work or life style. It is diagnosed on a scale from 1 to 4



with a score of 4 meaning that the underarm sweating is intolerable and always interferes with day to day activities. Individuals with symptoms on the later end of the scale (3 to 4) who fail conservative management with antiperspirants and are bothered daily by excessive sweating may be candidates for BXT-A.

Using BTX-A can be very successful in reducing excessive sweating within two weeks and results can last up to nine months.

If you feel that excess sweating under your arms is interfering with your daily activities then please call for an evaluation with Dr. Gartside.



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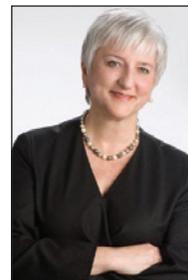
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Roberta L. Gartside, MD, FACS is certified by the American Board of Plastic Surgery and with over 25 years in practice, Dr. Roberta Gartside is one of the most experienced and highly sought-after plastic surgeons in the area. In addition to offering patients a wide range of reconstructive and cosmetic surgery procedures, she also offers outpatient skincare treatments such as fillers, like Botox, and lasers, including the Gentle Waves Skin Fitness System™ - a breakthrough LED light treatment therapy that helps rejuvenate aging skin. While patients certainly appreciate Dr. Gartside's vast experience and offerings, they also place great value in the time she and her gregarious staff take to explain each and every option available to them.



Committed to upholding the utmost standards in her specialty, in addition to working on the medical staff at Fairfax Hospital, Fair Oaks Hospital and Reston Hospital Center, Dr. Gartside has served as Vice President of Membership and Communications for the American Society of Plastic Surgery and as a Board Representative of the National Accreditation Program for Breast Centers. She has also worked with Operation Smile and the Fairfax Skindeep Tattoo Removal Program in the past.