

Long awaited and much anticipated!



## MURANO



mywellbeing

# No sweat: A fix for your pit problem?

► How Botox has become a popular treatment for hyperhidrosis ► The anti-wrinkle solution is now applied to sweaty hands, feet and armpits

It's getting to that time of year when keeping cool and dry is more of a challenge, and for those who have excessive sweating, the summer season can be especially stressful. While many treatments are available to help with the problem — prescription deodorants, oral medication and even surgery — Botox injections are quickly becoming

the go-to solution.

Dr. Ariel Ostad, a clinical assistant professor in the Department of Dermatology at New York University Medical Center, says he administers this treatment from five to 10 times a week and has been doing so for the past five years. He explains why Botox is used to prevent excessive sweating: "The reason we sweat is

### What is it?

Botox is a brand name of a diluted form of the botulinum toxin.

because our brain sends a signal to our nerve endings in those areas where there is sweating and there's a release of a neurotransmitter called acetylcholine," says

Dr. Ostad. "Botox prevents the release of acetylcholine through the nerve endings. Therefore, the signal is blocked and you don't sweat in those areas."

The practice has been approved by the FDA, but Botox isn't the perfect solution. It must be injected every six months. The treatment may also result in compensatory sweating — the sweat can migrate to other parts of your body such as your thighs or scalp. Furthermore, injecting Botox into your hands can result in a temporary weakening of those muscles.

HEIDI PATALANO  
heidi.patalano@metro.us



► Looks like Tom Cruise might want to take care of that underarm issue.