

EXCESSIVE SWEATING (Hyperhidrosis)

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CLARE ROBSON, 30, is a beauty therapist. She is single and lives in Greenwich, South-East London.

She says: In my mid-teens, I developed hyperhidrosis - excessive sweating. My under-arms were always soaking, and even though there never seemed to be a smell, the fact that I sweated all year round was terribly uncomfortable.

I was terribly self-conscious. I tried every anti-perspirant on the market, yet none worked.

In the end, I just didn't bother, and wore only black and dark blue tops - even in summer - so that the damp patches wouldn't show.

My doctor recommended I try a very strong product containing aluminium chloride, which blocks the pores. This did work, but gave me a nasty burning sensation - so I stopped using that, too.

I knew I could have an operation to remove the under-arm sweat glands completely, but I didn't fancy that at all.

My life changed last June when I heard that injections of Botox could work for hyperhidrosis. I decided to go for it.

Patrick Bowler, the doctor I saw, painted iodine under my arms to see which pores were producing the excess sweat. He then injected about 20 times under each armpit; although it pinched a bit, it was nothing like as painful as waxing.

I was told I wouldn't notice any difference for a few days, yet the next morning I felt dry for the first time that I could remember.

Oddly, I starting perspiring again the following day, but not as badly as before, and the excessive sweating stopped completely after four weeks.

From then on, I was normal; I would sweat at the gym, of course, like anyone else - but before, I would have been perspiring as I changed into my gym clothes.

I'd been told the Botox would last from six months to a year. Mine lasted eight months, and as I could feel the problem starting up again, I went back for another treatment.

The only disadvantage is the price - £600 - as there are so many injections. But it's worth it. I feel I've won the battle at last.