



**NF** THE HYPERHIDROSIS  
TREATMENT CENTER  
NORTH FLORIDA REGIONAL HEALTHCARE

**What is hyperhidrosis?**

Hyperhidrosis is a medical condition in which a person sweats excessively and unpredictably. It occurs in the hands, armpits, in the feet or on the face. People with this condition may sweat even when the temperature is cool or when they are sleeping. Hyperhidrosis can also be referred to as excessive sweating, excessive perspiration or diaphoresis.

**People with hyperhidrosis appear to have overactive sweat glands**

Sweating helps the body stay cool, especially in warm temperatures, while exercising, or in response to nervous, angry, embarrassed or fearful situations. We know that this condition is sometimes brought on by stress, emotion, or exercise but most often it occurs spontaneously and without such triggers.

Primary hyperhidrosis, affecting the hands, feet and armpits, occurs in approximately 2-3% of the population. Although physicians are researching the cause of this condition, it is unknown why excessive sweating occurs in certain individuals. Researchers are uncertain whether it is the overactivity of the sympathetic nervous chain or the sweat glands themselves.

Secondary hyperhidrosis occurs as a result of another medical condition, including hormone imbalances, anxiety conditions, cancer, certain medications, heart disease, hyperthyroidism, lung disease, Parkinson's disease, spinal cord injury and other various conditions.

**Our goal is to improve your quality of life**

Less than 40% of people with this hyperhidrosis seek medical advice. At Florida Heart and Lung Institute, we understand that uncontrolled sweating can hamper daily activities and lead to physical and emotional discomfort. The initial treatment for hyperhidrosis is usually medical with prescription antiperspirants, however patients who

do not respond to medical treatment and with specific sweating patterns are considered for surgical treatment. Dr. Klodell offers a minimally invasive procedure called endoscopic thoracic sympathectomy (ETS) to help treat your condition and improve your quality of life.

### **Minimally invasive means you get home more quickly**

Our ETS procedure involves a specific portion on the sympathetic chain or nerve, which controls sweating. During the procedure, two small incisions are made below the armpit which are about 3mm in size (about the size of a ball point pen refill). Through one incision, your surgeon inserts a videoscope to view the area. Small tools are inserted through the other incision, and using these tools, your surgeon finds the nerves that control sweating in the problem area and cauterizes or clips them.

Surgery typically lasts 1-3 hours and many patients go home the same day. Most patients require some mild oral pain medication for a few days following surgery, but are usually able to resume normal activities immediately.

The Hyperhidrosis Center is a core group of multidisciplinary individuals with an interest and special skill in the surgical treatment of hyperhidrosis. Dr. Charles Klodell is the Director of the Hyperhidrosis center and began performing the ETS procedure in 1998.



“Our goal is to help each patient not only live longer, but live better.”

#### **Initial consultations are held at:**

Florida Heart and Lung Institute Clinic at:  
North Florida Regional Medical Center – 1st floor  
6440 Newberry Road, Suite 102  
Gainesville, FL 32605

**To make an appointment, please call 352.333.5610**