

MiraDry

The purpose of sweating, is to help control the temperature of the body, in particular, to help lower the temperature in warm weather. There are between two and 4 million sweat glands on the skin. They are mainly in the feet, the palms of the hands, the forehead and in the armpits as well as the groins. The glands which secrete sweat, are called eccrine glands. There is a second type of sweat gland called an apocrine gland and these glands secrete a fluid which produce body odour. Both these types of sweat glands are activated by nerves which in turn, are activated by hormones and messages which tell them that the body is too hot. Emotions as well as physical activity help to activate these glands.

Hyperhidrosis is a condition where the sweat glands overreact, and produce more sweat than is necessary. Sweating too much is a spectrum. There is no one point where excess sweating is considered a disease. At the extreme, it is a seriously debilitating problem, but for most people, it is related to quality of life. Approximately 5% of the population in Australia suffer with excess sweating. Whether it is the embarrassment of sweat or odour or whether it is an issue where the sweat stains the clothes and makes it difficult to wear clothes of a particular colour. Some people have to change their clothes multiple times during the day. It is also an embarrassment socially.

The underarm sweat glands only constitute around 2% of the total number of sweat glands in the body and therefore ablating them is a perfectly safe method for treating hyperhidrosis.

MiraDry is a treatment which is both TGA and FDA approved for underarm sweat and odour (although it is now being used for both the back and chest. Under special circumstances, it can be used for the hands). MiraDry works by heating the layer of the skin which contains the sweat glands. It does this using focused microwave in association with cooling the skin to prevent a skin burn. The procedure itself is done under local anaesthetic. It takes approximately 90 minutes and the results are both immediate and permanent. The procedure destroys 80% of the sweat glands, 75 to 80% of the odour glands and it also destroys 70 to 75% of the hair follicles.

After one treatment, 90% of clients are happy with the reduction in sweat and odour. In the remaining 10%, a second treatment can be done six months following the initial treatment.