

# Alive & sweaty

► The explanation for your perspiration

**We've all been there.** You're on a date, rocking your new Camilla and Marc frock and, damn it, you catch your reflection and see ugly wet patches under your arms. Sometimes, no matter how much antiperspirant you roll on before you run out the door, those soggy rings still soak their way through.

"Yes, it's annoying and can be embarrassing, but it is completely normal to sweat," says *WH* health expert and GP Dr Ginna Mansberg. "It's our body's way of maintaining body temperature (37°C) by cooling it down". When you get hot, your body sweats and the moisture evaporates and cools you down. Your emotions can also affect your millions of sweat glands, so when you're nervous or stressed you're likely to sweat more. Unfortunately, if you lost the function to sweat altogether you'd suffer heatstroke in hot weather.

While it's normal to get a bit sweaty, if it interferes with everyday life it could be more serious. "Excessive sweating (hyperhidrosis) is when it disrupts your daily life, like being unable to use a pen or the inability to handle objects as a result of slippery grip," says Sydney dermatologist Dr Adrian Lim. >>