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Sweating was so bad I hated going out.. it was horrible

Pensioner who suffered from debilitating condition for years reveals how a 'wonder' drug gave her life back

By Maria Croce

IT'S a problem few women are prepared to talk about.

While gangs of female friends will happily get together and discuss childbirth, the menopause and problems with their husband, not many will talk about the very obvious issue of sweating.

While, for some, building up a sweat during a vigorous walk or on a hot day is the norm, excessive sweating – or hyperhidrosis – is thought to affect at least one per cent of the population.

And with only an estimated 38 per cent of sufferers seeking medical help – the real number could be much higher.

Pensioner Betty Glennie was so embarrassed about her problem with sweating that she hated leaving her home in Ormiston, East Lothian.

Betty, 70, would wear a towel around her neck, as her head was so sweaty she regularly looked like she'd just got out of the shower.

But she found the answer when she was referred to a dermatologist who prescribed an oral treatment called **Pro-Banthine**.

Betty, who is married to Bob, 75, said: "It

was terrible. My head would be constantly sweating, even in cold weather. My hair would be dripping like I had just stepped out of the shower and I used to go round with kitchen roll and a towel round my neck.

"It was embarrassing as you don't want to go out for drinks or to parties and sit there with kitchen paper round your neck.

"I just felt so ill and the sweating was horrible. It made me depressed because I was fed-up of constantly having to go into the shower as I was dripping with sweat. I'm not the sort of person to sit around doing nothing so it was very restrictive.

"I'd been suffering with it for several years and didn't really know what it was and what could be done. It was quite worrying. My husband was worried, too, as he knew something was not right. The doctors were

quite dismissive and said that lots of people have it but they didn't really seem very interested. Then at the end of last year, I went to the doctor with something else and she noticed the water dripping off the back of my hair and referred me to a specialist.

"Before I got help, I couldn't go out without taking a bag with a spare towel in it.

"I wasn't comfortable because my head was so sweaty and I had to take out a

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hand-held fan, which I used to sit on a table if I went out, and sit there with a towel on my shoulders."

Pro-Banthine is the only oral treatment licensed for hyperhidrosis and is available on prescription from either a GP or dermatologist.

It works by blocking the signals from the brain to the sweat glands, reducing the amount of sweat that is produced. Taken as a tablet, it starts to work within an hour and is effective for up to six hours.

"As soon as I started taking Pro-Banthine, it was amazing – within days the sweating stopped. It has given me a new lease of life. I can now go out without being embarrassed or worrying about having to make sure I'm sat near an open window.

"I started taking the medication on a Saturday and by the Sunday night the sweating had cleared up. It's like a miracle.

"It might not work for everybody but maybe what helped me could help others."



EFFECTIVE Drug did the trick for Betty

