

Client: Justine Rawlins PR Yellow News
Source: East Lothian Courier (Main)
Date: 30 October 2014
Page: 25
Reach: 12025
Size: 238cm2
Value: 583.1

Betty, 71, delighted she no longer sweats the small stuff

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AN ORMISTON woman afraid to go out in public due to an unusual condition which saw her sweat uncontrollably has found a way to combat the problem.

For several years Betty Glennie's life was blighted by chronic excessive sweating, leaving her looking as if she had "just stepped out of the shower" and constantly having to mop herself with towels and kitchen paper.

Known as hyperhidrosis, Betty's excessive sweating was so severe that she was embarrassed to meet up with friends, leaving her feeling depressed and isolated.

Betty, who is married to Robert, 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

“My hair would be dripping like I'd just had a shower”

Betty Glennie

and I used to go around 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."

Despite several visits to the doctors, Betty, 71, was unable to get any help to relieve her condition.

It was only when she was referred to a dermatologist who prescribed an oral treatment called Pro-Banthine that things improved dramatically.

She added: "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."

Excessive sweating, or hyperhidrosis, is thought to affect one per cent of the population.

However, the true prevalence of hyperhidrosis is unknown, mainly because many affected people do not seek help for their problem.

Betty began suffering with hyperhidrosis about four years ago, although at the time she did not realise it was actually a medical condition. It was only when she saw a doctor about something unrelated that she began to get help.



● Betty with husband Robert

Although Betty now has the condition under control, she says it resurfaces if she stops taking the treatment.