

# 다 한 증

## Hyperhidrosis and Its Treatment

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### Abstract

Excessive sweating, or hyperhidrosis, can have detrimental effects on the patient's quality of life, resulting in impairment of daily activities, social interactions and occupational activities. The symptoms of hyperhidrosis also may put the patients at risk of fear, avoidance and even social anxiety disorder. Hyperhidrosis is caused by an excessive, non - thermoregulatory sweat response to emotional stimuli in body regions influenced by the central preoptic - anterior hypothalamus. Treatment options are based on the severity of symptoms and the risks and benefits of therapy. In general, noninvasive topical agents and medications are initial treatment options. Endoscopic sympathetic surgery can be used for severe cases of palmar, axillary and facial hyperhidrosis. Compensatory sweating is an annoying complication after sympathetic surgery; however, various methods have been introduced to reduce or reverse it. Nonetheless, careful selection is needed for the patient to improve the quality of life after the treatment.

**Keywords :** **Hyperhidrosis;**  
**Endoscopic sympathetic surgery;**  
**Compensatory sweating**

( )

가

(血汗同源)

(津液)

Hippocrates hidra  
 sudamina

‘ hydrosis ’ ‘ sudomotor function ’

(多汗)

가

가 , , , , (3).  
( , , )

가 (4). 가

가 가 (5).

가 가 (central sudomotor nerve)

(6~8).

가 가 (9).

(7).

(thermoregulatory sweating) (eccrine gland)

(emotional sweating) (anterior cingulate cortex)

가 . ,

(1). (10)

(intermediolateral cell column neuron) (synapse)

(myelinated nerve fiber)

(unmyelinated nerve fiber)

가

(2). (sudomotor nerve) (acetylcholine)

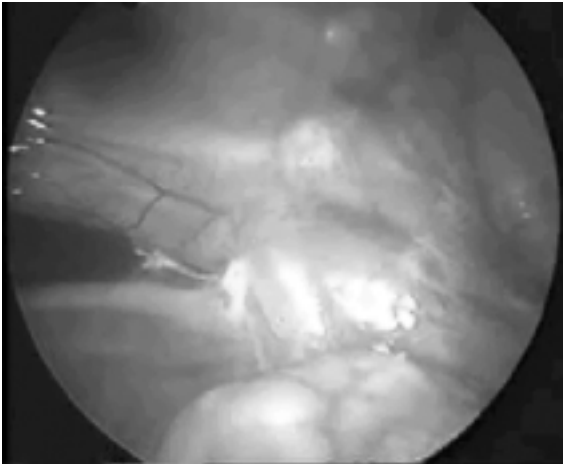
2~5 가 (11).

(eccrine)

(apocrine)

(Frey's syndrome).

try),  
 , , . (DITI)가  
 (18). (sympathetic  
 가 skin response, SSR)  
 (6). (1).  
 , ,  
 ,  
 .  
 2.8% , 1/6 0.5%  
 (12), , ,  
 0.6 ~ 1.0% (13). 가  
 가 3% ,  
 ,  
 15 ~ 20% , , 5 ~ 10% 가 .  
 , 5%  
 (14 ~ 17). 25 ~ 50% 1.  
 가 atropine, glycopyrrolate가 가  
 . , ,  
 . glycopyrrolate가  
 (19).  
 ,  
 clonidine  
 20% aluminum chloride 3  
 , bag pack (20).  
 ,  
 가 2.  
 가 20% aluminum chloride hexahydrate  
 - (starch - iodine test), solution ethanol .  
 (sudome-



1.

4.

6~20mm

가

가

가

가

20 가

가

가

(24, 25).

1~10

2 ~6

가

가

(21).

glycopyrrolate

가

5.

가

3.

1980

1920

Kotzareff

(22, 23).

1910

4~17

가

Jacobaeus

, 1954 Kux

1980

(26).

가

40 ~ 95%

85%

가

가

(27).

가

( 1)

(28, 29). Lin -

Telaranta

T4

(30).

(sural nerve)  
ve)

(intercostals ner-

(31) 50%

가

(32)

가

(33).

(radiofrequency)

가

가

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### Peer Reviewer Commentary

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