



Test your knowledge with multiple-choice cases

This month — 5 cases:

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| 2. Yellowish Upper Eyelid Plaques | p.24 | 4. Recurrent Body Rash | p.26 |
| | | 5. Numerous, Itchy Plaques | p.27 |

Case 1

Moist Hands

A 22-year-old East Indian male presents with a long history of moist hands that he finds bothersome.

What is your diagnosis?

- Bromhidrosis
- Dyshidrosis
- Anhidrosis
- Hyperhidrosis

Answer

Hyperhidrosis (HH) (**answer d**) is defined as excessive or uncontrolled sweating. It can be localized and most commonly affects the axillae, palms, soles, face, and scalp. It can also be generalized and affect the entire body. The localized form is more common. Triggers for excessive sweating include hot weather, humidity, exercise, fever, anxiety, and spicy food. Typically in benign hyperhidrosis, there is minimal sweating at nighttime and no sweating during sleep. The exact cause is unknown. Primary hyperhidrosis often first appears in childhood or adolescence and can persist for a very long time, although it often settles down with age. It can have a familial etiology.

Hyperhidrosis can be very embarrassing and interfere with daily activities. Referral to a dermatologist should be considered for work-up and treatments, such as topical antiperspirants, oral anticholinergics, iontophoresis, and botulinum toxin injections.

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*What did you think I was
going to say? Baah?*



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