

Is it just sweating... or something *more* ?

Excessive sweating fact sheet

Let's talk about *sweat* ◊

Sweating is a natural part of life. But some people notice sweating that feels hard to manage, doesn't match the heat or activity around them, or starts to get in the way of everyday life.

Hyperhidrosis is a recognised medical condition where sweating becomes excessive or difficult to control.

This guide is designed to help you reflect on what you're experiencing and recognise signs that it may be worth discussing with a GP. Talking to a healthcare professional is the only way to confirm if you have hyperhidrosis and explore its potential causes, including other health conditions or medications you may be taking.

Reflect on your experience

Consider whether sweating has affected you in any of these ways - tick any that feel true:

I've felt embarrassed about sweating in social situations

I need to change clothes during the day, or avoid certain colours/fabrics

Sweating makes meeting people or building relationships harder

I avoid public situations at times because of sweating

I spend extra time or energy managing sweat and hygiene

Sweating affects my ability to perform at work or study

If several of these apply to you, your sweating may be worth checking with a GP.

Where does excessive sweating show up for you? - tick any areas that apply:

Underarms

Soles of the feet

Groin region

Palms of the hands

Face and scalp

Other: _____

Your sweating patterns

How often do you notice sweating that seems excessive?

Daily

A few times a week

Weekly

Occasionally

Do you notice any triggers or situations that worsen your sweating, or make it feel out of proportion to what's happening?

Yes

No

Not sure

Other: _____

When is it worth *talking* to a GP?

It may be helpful to discuss excessive sweating with your GP if, over time, you've noticed things like:



Excessive sweating as a child or young adult



Daily activities are affected



Social life or personal relationships are impacted



Excessive sweating occurs frequently



Other family members experience similar sweating

If these patterns sound familiar, it may be worth raising with your GP.



How a GP can help with *excessive sweating*

Excessive or hard-to-control sweating can have different causes, and your GP can help work out what's driving it. They can also talk through management options that fit your situation.

To support conversations with your GP, a separate **"Let's talk about sweating: conversation guide"** is available.

[View the conversation guide](#)

More information available at [excessivesweatinghelp.com.au](https://www.excessivesweatinghelp.com.au)

Disclaimer: This resource provides general information only. It is not intended to diagnose any condition or recommend any specific treatment. Always speak to a qualified healthcare professional for personalised advice.

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