

LET'S TALK ABOUT

Sweat.

A conversation guide to help you prepare for a GP discussion

If sweating is bothering you, affecting your routines, or happening in a way that feels hard to manage, you're not alone - and it's OK to raise it with your GP.

Hyperhidrosis is the medical term for excessive or hard-to-control sweating. A GP can help determine if you have hyperhidrosis or whether something else could be causing it, such as medication or another medical condition.

This guide is here to help you describe your experience clearly, share the impact it's having, and guide a useful conversation with your GP or healthcare professional. **You can complete this guide before your next appointment and bring it with you.**

Your sweating at a glance



Areas affected - tick any that apply.

Underarms

Soles of the feet

Groin region

Palms of the hands

Face and scalp

Other: _____



How often does excessive sweating happen?

Daily

A few times a week

Weekly

Occasionally

Notes / examples: _____

When did you first notice excessive sweating?

Under the age of 25

At or over the age of 25

Not sure / can't remember

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

Yes

No

It happens without a clear trigger / even when I'm not hot or active

Not sure

How it affects you - tick any that feel true:

I've felt embarrassed about excessive sweating in social situations

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

Excessive sweating makes meeting people or building relationships harder

I avoid public situations at times because of excessive sweating

Excessive sweating affects my ability to perform at work or study

I spend extra time or energy managing sweat and hygiene

What I've tried already - tick any that apply:

Clothing changes

Lifestyle adjustments (e.g. diet, stress, environment)

Avoiding triggers

Strong antiperspirants/deodorants

Other: _____

Looking forward

What would life be like if your excessive sweating was better managed? What would this look like? What do you want to achieve? Write down your goals below:

Treatments are available

There are treatment options for hyperhidrosis, but excessive sweating can also have other causes. Speaking with your GP can help clarify what's driving your symptoms and what support is right for you.

Finding the right care starts with a conversation. Ask your GP these questions:

- 💧 **What could be contributing to my sweating?**
- 💧 **Is hyperhidrosis something we should consider based on my symptoms?**
- 💧 **Are there lifestyle strategies or management options that may help?**
- 💧 **Are there any tests you recommend?**
- 💧 **How can I monitor changes over time?**

After your appointment

You may find it helpful to take notes on:

- 💧 **What your GP thinks might be contributing to your sweating**
- 💧 **Any next steps discussed**
- 💧 **Whether follow-up or referral was recommended**

More information available at 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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AU-NEUR-260002. February 2026.

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