



TESSA RICHARDSON, 33, from south London, suffered severe sweating until she tried an unusual treatment...

'I had to keep spare clothes with me'

✿ When I was about 14 I noticed that I sweated more than other people. Not just when it was summer or during sports, but all the time. I'd be playing my violin and notice a large wet patch under my arms. It was mortifying. Embarrassment made the problem worse so it became a vicious circle.

My armpits were the most affected, but I'd also get sweaty hands and wrists. It was really noticeable, so I'd change my clothes at lunch. I was teased and called names like "sweaty Betty."

My mum bought me deodorant but it didn't help, so she eventually took me to a GP who said I had overactive sweat glands and would have to put up with it.

In my 20s, the sweating improved slightly but I'd still get damp shirts and always carried spare clothes – I was paranoid about anyone noticing. I became so adept at

hiding it that when I met my husband he didn't know for months! I washed my dressing gown and bed sheets more than necessary just to make sure there was no trace.

My GP put me on prescription deodorants, but they were thick and messy and stained my clothes. I wouldn't have minded, but they didn't even work. I thought I'd have to carry on like this forever until I decided to try Botox injections – normally used for wrinkles.

I was injected 24 times in my armpit area to paralyse the sweat glands. After a few days I really noticed the difference. I felt so liberated that I went out and joined a gym, having avoided exercise



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for years. I was also able to wear a normal deodorant again. The Botox lasts around six months so I need to get topped up twice a year. I pay a monthly direct debit of £107.

but it's well worth it as I'm not embarrassed anymore. **■ Tessa went to Botonics** for her treatment. For more information, tel: 0845 680 1964 or visit www.botonics.co.uk Further support is available at www.hyperhidrosisuk.org



I always spit when I talk

Q I have too much saliva in my mouth and spray people with spit when I talk, which is so humiliating. What can be causing it?

A SALLY Some medications can make you produce too much spit, but you'd know if you were taking these. Ask your GP for a referral to a specialist, as excessive saliva (sialorrhoea) is rare. There are drugs that dry up mouth secretions and Botox is safe and effective, but only specialists do these injections.



Smelly wind

Q I suffer from flatulence and sometimes my wind smells absolutely toxic. What causes this?

A ANTON Wind is a mix of swallowed air and gases from broken-down food in the gut. For most, the problem is usually down to excessive swallowed air – eating too fast is a major cause. Smelly wind suggests that it may be related to eating. We all process foods differently, so make a mental note of what foods precede the problem and try to avoid them.