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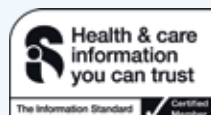
## SWEATING

Reviewed By: Anne Moylan

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### Sweating in Mesothelioma

Sweating is a normal part of temperature regulation in the human body. However, sometimes people diagnosed with mesothelioma experience abnormal, excessive sweating which interferes with everyday activities. This can be exhausting. In most cases it occurs during the night, soaking nightclothes and bed linen to the point that they have to be changed two or three times in one night.

The sweating associated with mesothelioma may not be due to fever or your temperature may be only slightly raised.

Why and how excessive sweating occurs in people with mesothelioma is not exactly

clear. It may result from chemical agents produced by the tumour, emotion, infection or medications such as morphine and it is difficult to control. It is useful to classify the sweating into:

- **Mild**  
No change of clothes necessary.
- **Moderate**  
Change of clothing not usually necessary, sponging of the affected area often required.
- **Severe**  
Drenching sweats, requiring change of clothing or bedding.

If you do have a fever it may be due to an infection and you must contact a doctor.

### Managing Excessive Sweating

Make a note of the frequency, pattern and severity of the sweating and take your temperature to check for fever.

Discuss the sweats with your doctor to try and identify possible causes and treat where possible.

Try general measures to help:-

- Cooler environment, use fans, open doors or windows.
- Avoid heavy bed clothes and use cotton rather than synthetics.
- Use moisture absorbing mattress covers.
- Layered clothing during the day
- Use cotton underwear under bed clothes.

- Frequent tepid bathing or sponging (avoid taking hot baths).
- Try avoiding drinks with caffeine, especially if sweating is worse at night.

You can talk to your doctor about medication to help control the sweating. A number of different drugs can be tried. Success varies and it can be trial and error trying to establish which one suits and helps you. For more information please contact Mesothelioma UK.

Chemotherapy treatment may help control the sweating. Some alternative treatments have been found to help, particularly herbal remedies and auricular acupuncture but please discuss this with your doctor or nurse before using.