

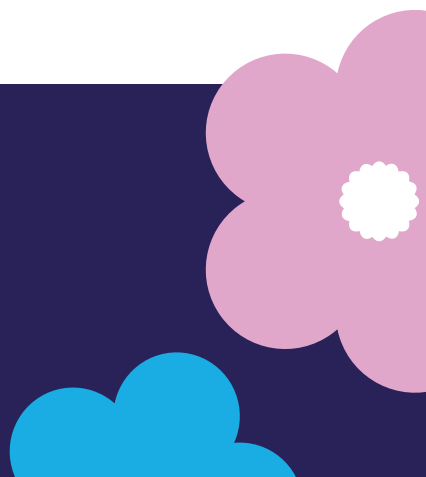
Sweating in Mesothelioma



MESOTHELIOMA UK

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Sweating helps our bodies keep cool. However, some people with mesothelioma find themselves sweating much more than usual.

Excessive sweating (also known as hyperhidrosis) can be distressing, interfering with sleep and daily activities.

The causes are not clear. It may be due to chemicals produced by the tumour itself, emotions such as stress or medication side effects.

Sometimes excess sweating can be caused by an infection, so it is important to check your temperature. If you have a fever you must contact a healthcare professional.

Managing excessive sweating at home

- Cool your environment, use fans and open doors or windows.
- Stay hydrated, keep a bottle of water handy.
- Try not to have drinks with caffeine, especially if sweating is worse at night.
- Use materials made out of cotton or bamboo rather than synthetic fabrics.
- Layer clothing during the day.
- Avoid heavy bedclothes and wear cotton or bamboo underwear underneath them.
- Use moisture absorbing mattress covers and try bamboo pillowcases.
- Try frequent tepid bathing or sponging. Avoid having hot baths.

Treatment

If the above steps do not help, discuss the sweats with your doctor to identify potential causes and treat where possible.

Make a note of the frequency, pattern and severity of the sweating. It can be useful to classify the sweating as either:

- **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.

There are drugs you can try, but they don't work for everyone.

Ask your doctor about them. If you start one and it doesn't help, tell your doctor. It can be trial and error finding one that suits.

You may find chemotherapy treatment helps control the sweating.

Some people find alternative treatments help, particularly herbal remedies and auricular acupuncture.

However, there is limited research assessing alternative treatments. Please discuss with your doctor or nurse before using them.

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