

Sweat Triggers: 8 Surprising Causes of Excessive Sweating

From clothing to food, it's the little things in life that can make us sweat (9 Photos)
Meg Hemphill on Jul 1, 2011 at 1:56AM

Twitter Facebook Email +1 Like

SINGLE VIEW VIEW ALL

1 OF 9



Hot Caffeinated Drinks

Meeting for a first date over coffee? Consider an iced, decaf drink instead of that hot cappuccino. "Coffee increases perspiration in two ways," says Dr. Lyster. "First, caffeine stimulates the central nervous system, activating sweat glands so the more caffeine you have, the more you sweat. Secondly, the heat from the drink itself can make your body feel hot enough to sweat." The heat aspect is the same for any hot beverage – like tea or apple cider – regardless of its caffeine content.

FILED UNDER:
BOTOX, SKIN & BEAUTY, SWEAT, WOMEN'S HEALTH

Stelara
ustekinumab

Request Kit

STELARA® is a prescription medicine approved to treat adults 18 years and older with moderate or severe plaque psoriasis that involves large areas or many areas of their body, who may benefit from taking injections or pills (systemic therapy) or phototherapy (treatment using ultraviolet light alone or with pills).

IMPORTANT SAFETY INFORMATION VIEW MORE

STELARA® is a prescription medicine that affects your immune system. STELARA® can increase your chance of having serious side effects including:

- Serious infections
- STELARA® may lower your ability to fight

Read the Medication Guide and talk to your doctor.

SINGLE VIEW VIEW ALL

2 OF 9



Synthetic Fabrics

Wearing clothes made of fabrics such as polyester and acrylic can trigger sweating, so avoid them when you have something important to do, like a work presentation or girls' night out. "The main purpose of sweating is to cool our body temperature. Synthetic fabrics prevent sweat from evaporating, which in turn increases the body's efforts to cool itself," explains Liz Lyster, M.D. of Holtorf Medical Group in Foster City, Calif. She recommends swapping out synthetic material for natural fabrics, like cotton or silk, to keep you dry. The exception is synthetics made with moisture-wicking materials, usually athletic apparel, which are designed with a special weave that lets the skin breathe and sweat evaporate.

FILED UNDER:
BOTOX, SKIN & BEAUTY, SWEAT, WOMEN'S HEALTH



Spicy Foods

Ordering an entrée full of hot peppers seems like a fine idea, but as soon as that first bite hits your mouth, the beads of sweat will begin to form. Your brain is actually reacting to the capsaicin (what makes those peppers hot) -- it thinks your body needs to cool down, so it puts your sweat glands to work. Not everyone has the same reaction to spicy food, though. "Know what triggers you to sweat," says Dr. Lyster. "And then maybe eat less of, or avoid, certain foods."

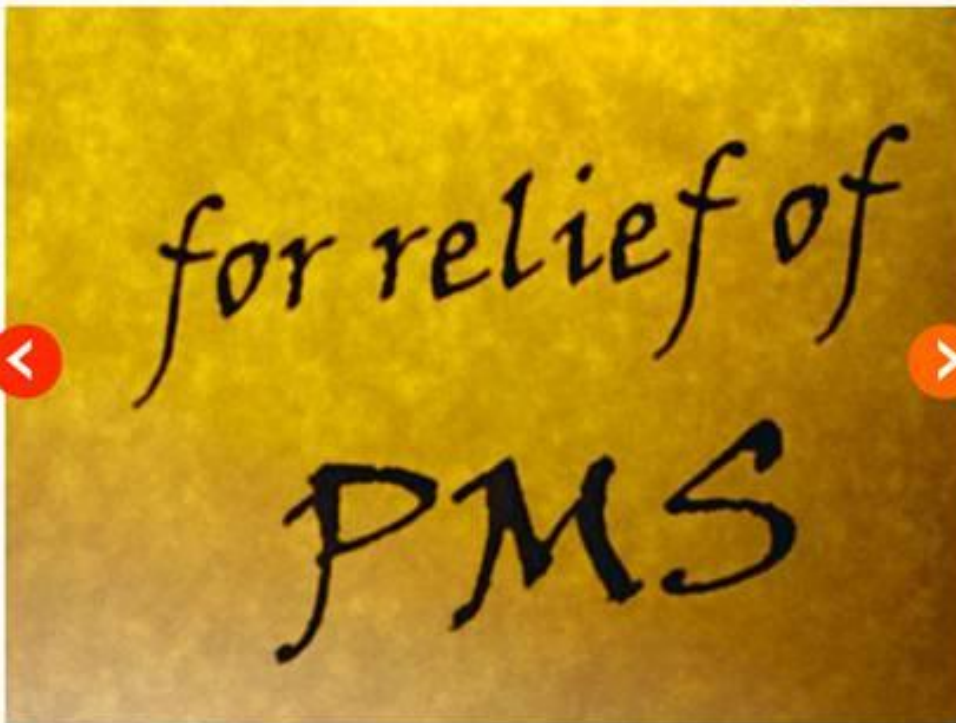
FILED UNDER: BOTOX, SKIN & BEAUTY, SWEAT, WOMEN'S HEALTH



Self-Tanner and Sunscreen

Do you ever put on sunscreen and immediately feel sweaty, but think it's just the temperature outside? Or, have you woken up in the middle of the night feeling drenched after you applied self-tanner earlier that day? That's because sunscreen creates a barrier on the skin that makes it hard for sweat to breakthrough, which makes you hotter so you produce more sweat. "Sweat comes through the glands in the skin, so there's an issue with blocking the glands," says Dr. Lyster, who adds, "But it's better to sweat than sit in the sun without anything."

FILED UNDER: BOTOX, SKIN & BEAUTY, SWEAT, WOMEN'S HEALTH



PMS

Are those pre-period sweats all in your mind? Nope. "In some women, estrogen levels drop so low in the days before their period that it can cause a hot-flash type of symptom," explains Dr. Lyster. Though it's more common in perimenopausal women, it can happen to anyone who's hormone levels take a dramatic dip. Can you regulate PMS-induced sweating? Yep. "Some birth control pills have a low level of estrogen instead of sugar pills (placebos) at the end of the pill pack to avoid estrogen-withdrawal symptoms," she adds. Or, ask your doctor about a low-dose estrogen supplement if you don't take the pill.

FILED UNDER:
BOTOX, SKIN & BEAUTY, SWEAT, WOMEN'S HEALTH



Alcohol

You've seen that guy at the bar. He's flush and his shirt is damp, but it isn't just from drinks he sloshed onto himself. Experts say alcohol actually makes you hot through a process called vasodilation -- the blood vessels widen and increases the temperature of the skin. In turn, the brain signals the sweat glands that it's time to start cooling down. If you like to have a cocktail once in a while, try to gauge at what point in your revelry the perspiration starts so you can stop short of that line. (In general women are advised to stick to one drink per day). You can also try sipping a wine spritzer (half wine, half club soda) to cut your alcohol intake so you can enjoy a drink without the sweaty side effect.

FILED UNDER:
BOTOX, SKIN & BEAUTY, SWEAT, WOMEN'S HEALTH

Cigarettes

There are a variety of ways in which nicotine can induce sweating, says Dr Lyster. "It affects hormone levels, the skin and the brain." It raises your heart rate, blood pressure and body temperature, all of which trigger sweating. Unfortunately, nicotine withdrawals can also cause sweating, but those giving up smoking should remember that it's only a temporary side effect (usually lasting two weeks or less) and is well worth it in the long run.

FILED UNDER:
BOTOX, SKIN & BEAUTY, SWEAT, WOMEN'S HEALTH



Prescription Drugs

It may not have crossed your mind, but your medications could be making you perspire. The most common drugs that may include sweating as a side effect are blood pressure medications, antidepressants, nonsteroidal anti-inflammatory drugs and some diabetes drugs. It isn't entirely clear how most medications affect sweating, but if your daily prescription seems to trigger your sweat glands, talk to your doctor about switching to a different brand or changing the dose.

FILED UNDER:
BOTOX, SKIN & BEAUTY, SWEAT, WOMEN'S HEALTH



<http://www.ivillage.com/sweat-triggers-8-causes-excessive-sweating/4-b-361980#361982>