

Don't Sweat It!



With Dr. Manal Al Mansoori

An available solution to a common problem- Hyperhidrosis!

Dr Manal, is an Emirati physician, with extraordinary ambition and talent. Not only is Dr. Manal one of Dubai's youngest entrepreneurs, she is one of just a few Emirati practitioners in the UAE to specialise within the aesthetic laser field. With a background in Medicine, Plastic, Reconstructive and Aesthetic Surgery, within government and private hospitals, she is highly qualified, skilled and trusted. Fast-forward to today, and Dr. Manal, is currently working in Lifelong Polyclinic- a Private Medical Centre in Dubai, UAE, as the Medical Director, and Head of Laser & Aesthetics Department.

Her passion is deep-rooted within beauty, and we mean more than skin deep, we mean healthy skin care, and healthy lifestyle. As an avid advocate for this, Dr. Manal is raising awareness surrounding hyperhidrosis, or more commonly known as excessive sweating. Hyperhidrosis, is more common than you think, and it may not just be embarrassing, but a huge defect on your skin- creating numerous toxins to build up. As a laser specialist, Dr. Manal promotes the use of Miradry. Miradry is different to alternative methods, such as Botulinum toxin injection (Botox), Miradry is Thermal Wave technology, used directly within the excessive sweating area, to combat it effectively. With hyperhidrosis more common among us, and now easily resolved, it makes sense to find out more about it, and stop sweating it! As Dr. Manal has your back.

What are the physiological and medical conditions behind excessive sweating or hyperhidrosis?

Sweating is a normal physiological process of the human body, which helps regulate its temperature, as well as eliminating the excess proteins and fat. It also washes out the toxins that come from the food

we eat, and the skin products we use. However, during certain conditions, the sweat will increase for a temporary period only, such as adolescence and pregnancy. More factors include hot weather conditions, eating spicy food, sugar and fatty foods, drinking alcohol and getting irate!

Can you tell us about the latest technology, in treatment of excessive underarms sweating? (Miradry)

Miradry was invented by doctors and scientists, who were eager to give the sufferers of hyperhidrosis a better, and long-lasting solution, in comparison to Botulinum toxin injections. They also made sure that this solution is non-invasive in contrast with some risky surgeries, and the technology is based on 'Thermal Waves'. Which is focused directly on the underarm area, for around 30 minutes each side, causing the sweat glands to shrink, hence minimising their size and decreasing their sweat production.

How is the treatment applied, and how safe is it?

After taking the measurements, a numbing cream is applied to the skin, followed by a pin-prick local anaesthesia injection, and finally the application of the device directly on to the skin. The session has minimal pain, which results in a little swelling that lasts for a few days, which eases with medical ointment. However, you see immediate results after the session, it's totally safe and FDA approved.

What does Botox injections do to the sweat glands in the underarms, what is the effects?

Botulinum toxin is injected under the skin, to bring the sweat glands into a 'Sleepy' phase by chemically blocking the nerves that supply the sweat glands. In other words, making them loose within sensation and stimulation, through temperature or anger. This effect lasts for about 4-6 months, which effectively doesn't cure the problem, it only hinders it.

In your opinion what is the best deodorant we can use?

I would say the non-alcohol spray, or liquid form deodorants are the best. Sticks and creams are not recommended, since they block the sweat-glands, causing them to enlarge and attract bacterial overgrowth- this explains the unpleasant odour or infections. However, it's worth mentioning that attention must be paid to-

wards aluminium salt-containing deodorants, as they are linked to cancer. If you buy any deodorant, make sure it's alcohol and aluminium salt free. I always recommend my clients to use the original plain musk, it comes in the form of a thick oily texture- it reduces the sweat a little, and gives a great long-lasting scent. Or a natural remedy is freshly sliced or squeezed lemons, directly wiped into the underarm after showering, this will help both the sweat and the smell, especially during the summer.

As a specialist in Laser and a GP, how do you see technology and treatments in the Middle East, in comparison to USA for example?

The technology is around five years old in the United States, however, it arrived in the UAE back in 2015. Thousands of people have been treated within different hyperhidrosis grades, and the majority are satisfied with the results. It's important to mention that dealing with excessive sweating issue is not only solved by doctor's, but also by adjusting your lifestyle and certain habits that contribute to the problem- such as smoking.

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