

AN ALTERNATIVE TO TREAT PALMAR HYPERHIDROSIS: USE OF OXYBUTYNIN. Nelson Wolosker, Jose R. de Campos, Paulo Kauffman, Samantha Neves, Guilherme Yazbek, Fabio B. Jatene, Pedro Puech-Leão. *Clinical Autonomic Research* 2011;21(6): 389-393.

ABSTRACT

Purpose: To evaluate the effectiveness and patient satisfaction with the use of oxybutynin at low doses for treating palmar hyperhidrosis in a large series of patients.

Methods: From January 2007 to June 2009, 180 consecutive patients with palmar hyperhidrosis were treated with oxybutynin. Data were collected from 139 patients (41 patients were lost to follow-up). During the first week, patients received 2.5 mg of oxybutynin once per day; from the 8th to the 42nd day, 2.5 mg twice per day; and from the 43rd day to the end of the 12th week, 5 mg, twice per day. All of the patients underwent three evaluations before and after the oxybutynin treatment (at 6 and 12 weeks), using a clinical questionnaire and a clinical protocol for quality of life (QOL).

Results: More than 80% of the patients experienced an improvement in palmar hyperhidrosis. Most of the patients showed improvements in their QOL (74.6%). The side effects were minor, with dry mouth being the most frequent (70.5%).

Conclusion: The use of oxybutynin is an alternative as the first step in the treatment of palmar hyperhidrosis, given that it presents good results and improves QOL.