

Dear Teacher,

My name is _____

It is important for you to know that I have a condition called focal or primary hyperhidrosis. In other words, I sweat excessively from specific regions of the body. Below, I checked the regions that usually are bothersome to me:



Underarms ____ Palms of the hands ____ Soles of the feet ____

Face ____ Other(s) _____

Depending on the region(s) affected, I can have a number of problems throughout the day. For example, I may have trouble holding a pencil (or anything else for that matter), the paper I use to do my work could get damp, or I may end up with large sweat stains on my shirt. I try not to let it affect me, but it can be very embarrassing at times and as a result I can become self-conscious about my condition.

There is a fair amount of information available on the internet* if you wish to know more about focal hyperhidrosis. Thank you for your understanding and feel free to contact my parents if you wish to discuss this further.

Have a great day!

P.S. Could you please assign me a desk that is not exposed to direct sunlight as this will aggravate my condition. Thanks.

* for example: www.drypharmacist.com