

# Physicians Report Complete

## Elimination of Hyperhidrosis Using miraDry



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By Jeffrey Frentzen, Executive Editor

Hyperhidrosis is a condition characterized by excessive sweating in the underarms, on the palms of hands, soles of feet, and other body areas, accompanied by anxiety and stress. People suffering from hyperhidrosis experience negative consequences in both social relationships and professional activity.

Although surgical and injectable procedures have been used with success, more recently a third-generation, non-invasive handheld energy-based device has received a CE Mark for the treatment of axillary hyperhidrosis. With miraDry® from Miramar Labs, Inc. (Sunnyvale, California, U.S.), practitioners can deliver precisely controlled electromagnetic energy (at a 5,800 MHz wavelength) into the dermal-fat interface at a depth of about 2 mm to 5 mm, where it literally destroys the sweat glands for good. Since sweat glands do not regenerate, results are lasting. Published studies have shown the treatment to be highly effective (>80% reduction in underarm sweat), while delivering over 90% patient satisfaction.

The miraDry device consists of a hand-piece that distributes a 1 cm by 3 cm zone of therapy and contains four antennas plus proprietary hydro-ceramic cooling to minimize absorption in the dermis and deeper tissue, maintaining patient comfort. Effects of treatment can be seen almost immediately. The company recommends two treatments spaced three months apart for lasting results, based upon clinical studies.

According to Michael Kleine, CEO of Miramar Labs, “there is clearly a significant number of people who are aware they have excessive underarm sweat, and that’s a real problem. When you talk to these patients, their sense of embarrassment is at the level of those suffering with psoriasis and acne. They have used

the aluminum chlorohydrates and antiperspirants and they were ineffective, or in some cases people didn’t want to use them. They’ve tried temporary remedies, such as Allergan, Inc.’s BOTOX injections every three to six months. Finally, though, there is a non-invasive procedure with excellent efficacy. From the patient’s standpoint, when they learn there is a procedure with a high safety profile that actually eliminates the sweat glands, they are extremely pleased.”

“miraDry has great potential to improve patients’ lives,” expressed Wim Venema, M.D., a dermatologist in Assen, The Netherlands. “I see hyperhidrosis as a large, under-appreciated social disability. Since miraDry entered the U.S. market two years ago the number of people seeking treatment has grown with increased awareness. Once the problem is solved, the embarrassment goes away and people begin to feel comfortable speaking about how underarm sweat used to impact their lives. We’re unaware of exactly how many people in Europe are afflicted with excessive sweating, but we expect to see the same strong response here as in the U.S.”

“We know there is a much larger group of patients that are dealing with this same nuisance of daily underarm sweat,” said Tapan Patel, M.D., an aesthetic physician located in London, England. “For this group, the sweating may not be as severe, but it is a bother nonetheless and something they are subconsciously aware of. These individuals also take compensatory measures like their use of antiperspirants or carefully chosen wardrobes.”

People with hyperhidrosis are stigmatized by society, noted Dr. Venema. “In that way, sweating is a real restriction of freedom,” he stated. “These people try to stay away from circumstances where

they can count on sweating, so they avoid parties and other social gatherings. I have heard from patients that they were refused a promotion because they were sweating too much. After you have treated these patients, they experience a kind of liberation. They can socialize at will and not worry about their sweating."

Charles Randquist, M.D., a plastic surgeon in Saltsjöbaden, Sweden concurred. "A lot of people really suffer with hyperhidrosis, and it is like a handicap for them." miraDry was the first energy-based device Dr. Randquist had ever purchased. "I had not bought a machine in 17 years, and my practice has always been based on surgery and injectables, so basically I left the lasers and other devices behind for a long time. However, when I got acquainted with miraDry as a device and read the science behind it, I saw it as a solution for patients with hyperhidrosis and I have not regretted buying it at all," he shared.

Prior to switching to miraDry, Dr. Randquist used BOTOX, which has been approved in the U.S. and other regions for this indication. "However, miraDry offers a lasting non-surgical, non-invasive treatment for hyperhidrosis with no downtime, which should also attract patients that are reluctant to undergo surgery or injections in these sensitive areas," he continued.

In the past, Dr. Venema had also used other solutions to treat hyperhidrosis, "including surgical methods to eliminate the sweat glands," he said. "When I treated hyperhidrosis with curettage and suction, patients had to stay home for a week and my success rate was around 50%. With miraDry, there is no surgery and the downtime is practically nothing, and the people I treated could go back to work the next day. I think it is more effective."

For both physicians, adding the miraDry to their aesthetic armamentarium has

been quite efficacious. "Out of the ten people that I have treated using miraDry, eight patients who are really heavy 'sweaters' have been completely cured," Dr. Venema highlighted. "The other two patients will need a second treatment, but overall it's been a very big success."

Dr. Patel added, "We are seeing a broad spectrum of patients from those who experience severe and consistent sweat outbreaks to those who just find underarm sweat uncomfortable. Regardless of where they fall along this continuum, all of the patients I've treated to date have been very pleased with the miraDry treatment."

In Dr. Randquist's opinion, the miraDry system is the state-of-the-art in treatment of hyperhidrosis. "It's been amazing," he said. "It's a fairly new machine, but so far results have been excellent. In a questionnaire that I distribute to all my patients, miraDry patients have given the treatment excellent ratings. I tried it on staff, my friends and some patients and the results have been remarkable, and no one has complained. The procedure is comfortable and the downtime is very low. I'm happy about that. I want to not only treat my patients with miraDry, I also want to train other physicians and practitioners in its use. It would be beneficial for them financially and patients respond well to the treatment. I'm very pleased."

Supporting Dr. Randquist's statements, Mr. Kleine pointed out that the potential market for this breakthrough product is large because only a small percentage of people who feel they perspire in excess have seen a physician about their condition. "To date, more than 20,000 procedures have been performed worldwide," he expressed. "The system offers physicians a way to bring in new patients, including young patients, and provides a new avenue for expanding their practice."

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Image shows three year starch iodine test in axillary region. The inky areas show where the patient is still sweating, while the green box shows the treated area without sweat. This was taken three years after the patient received the miraDry treatment.

Photos courtesy of Miramar Labs