



**BACK-TO-SCHOOL!**  
**2019**

**Dear Teacher,**

My name is \_\_\_\_\_ It is important for you to know that I have a condition called 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 \_\_\_ Hands \_\_\_\_ 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 online. Check out [www.rafischer.com](http://www.rafischer.com) if you wish to know more about hyperhidrosis. Thank you for your understanding and feel free to contact my parents if you wish to discuss this further.

Have a great day!

**Yours Truly,**

\_\_\_\_\_

**P.S. My parent/guardian approves of this message:**

\_\_\_\_\_  
(parent/guardian signature)

