



HEALTH INFORMATION

Body Odour

What is Body odour ?

Body odour, also known as bromhidrosis, is the unpleasant smell that can occur when you sweat.

The sweat itself does not smell. The unpleasant odour is produced by bacteria on the skin that break down the sweat into acids.

Managing body odour

- The best way to avoid getting body odour is to keep areas of your body prone to sweating clean and free of bacteria.
- Use soap to wash every day, paying particular attention to areas that sweat most, such as armpits, genital area and feet. Washing removes sweat and reduces the number of bacteria on your skin.
- Changing your clothes and socks on a regular basis will also help. You should wash your clothes regularly.
- Using an antiperspirant or deodorant daily will also help prevent body odour. Antiperspirants work by reducing the amount of sweat your body produces. Deodorants use perfume to mask the smell of sweat.
- Regularly shaving your armpits can also help reduce body odour. The hair in your armpits traps sweat and odour and provides ideal conditions for bacteria to multiply.
- In severe cases of body odour, surgery or treatment with botulinum toxin may be possible options.
- If body odour is a big issue, speak to the person involved and sensitively suggest deodorants or antiperspirants. Alternatively you could advise they seek advice from their GP as there are special deodorants available on prescription.
- As this is a very sensitive subject it must be broached in an understanding manner.