

Prickly Heat? Use Antiperspirant!



"Prickly heat" is an itchy inflammation of the skin that's common in hot, moist weather. It's a **heat rash** caused by sweat glands plugged by dead skin cells or bacteria. Trapped sweat causes the "prickly" or itchy feeling and a rash of very small blisters.

The first time "prickly heat" happens to you, go see your doctor. What seems to you to be prickly heat might be something more serious.

I was told the best prevention for prickly heat was taking frequent showers with use of mild soap and avoiding conditions that made me perspire. That meant staying indoors with air conditioning, and not going outdoors when it is hot and muggy. Or moving to Antarctica, maybe. Do penguins suffer from prickly heat?

I use an antiperspirant deodorant for armpits, which cuts down sweating there. If the antiperspirant deodorant works there, I thought I'd try it on my neck and forearms - where prickly heat strikes me most. If I didn't sweat, it wouldn't matter if the sweat glands were plugged... and maybe I could prevent prickly heat with an over-the-counter product.

So I after I shaved, I put the antiperspirant deodorant on my neck, rubbed it in, and went outdoors where it was 97°F with 86% humidity. I sweated! I sweated everywhere except my armpits and neck - and there was no prickly heat!

Amazing!

So amazing, that after suffering from prickly heat for years, I decided to include this as a DisasterGuy Tip. Check your doctor or pharmacist before trying this yourself.