



Newsletter 143rd Edition

July 2025

OUR MISSION

To reach out and empower people affected by limb loss to achieve their full potential through education, support, and advocacy, and to raise awareness of limb loss by becoming actively involved in our community.

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### **EDITOR'S NOTE** – by Elaine Skaggs

Tis the season for heat and humidity, that wonderful time of outdoor activities and fun we call Summer. Sprucing up the landscaping with bright colored flowers, grilling with friends, vacations to exciting destinations, or staycations by the pool, there is no shortage of activities to do outdoors. But for an amputee, summer can also be an uncomfortable time, and sometimes downright miserable when you live through an oppressive heat wave like we experienced during the second part of June. Having to wear layers of liners, gel socks, cotton socks on your residual limb, socket liners and the sockets themselves, can certainly add layers of insulation that cause sweating and discomfort. I guess that's why the question I'm most often asked this time of year is 'How do you deal with sweating'? For each of us, there's a different answer to that question, and there are many remedies out there. The best way to discover what works best for you is just to try a few different things. Of course there are the radical things like injections or surgery, but those are extreme measures that need to be carefully considered, under doctors care. However sweat is not all bad, and later in this newsletter I will point out the benefits, as well as what your sweat can reveal about your overall health.

I'm excited to announce that we will be having guests at our July meetings at both locations. Edward Depp and Coach Jim Martin with the Louisville Fencing Center will join us to provide

information on Parafencing. They also will be demonstrating this adaptive fencing technique. For more information check the Upcoming Events section below.



## UPCOMING EVENTS

**MONDAY July 21, 6:30pm - 8:00pm** The IN meeting will take place at PAM Rehabilitation Hospital, 2101 Broadway Street, Clarksville, IN. Come watch a demonstration on Parafencing, who knows you may just find your favorite new sport!! **PLEASE NOTE!! We have changed the time of this meeting to make it easier for those who work to arrive on time.**

**SATURDAY July 26, 2:00pm - 4:00pm** - Louisville meeting at Baptist Health Rehab Hospital, 11800 Bluegrass Parkway, Louisville, KY 40299. The parafencers will be here, come enjoy the demonstration!!

**MONDAY August 18, 6:30pm - 8:00pm** The IN meeting will take place at PAM Rehabilitation Hospital, 2101 Broadway Street, Clarksville IN.

**SATURDAY August 23, 2:00pm - 4:00pm** The Louisville meeting will take place at Baptist Health Rehab Hospital, 11800 Bluegrass Pkwy, Louisville KY



# RED WHITE AND BLUE DUMP CAKE

## Ingredients

1 (21-ounce) can strawberry pie filling

1 cup frozen blueberries

1 (18.25-ounce) package white cake mix

½ cup butter, melted

## Directions

Preheat the oven to 325 degrees F (165 degrees C).

Dump strawberry pie filling into a 9x12-inch baking dish. Sprinkle with blueberries. Pour cake mix on top of blueberries. Drizzle melted butter on top.

Bake in the preheated oven until the top is a light golden brown, about 45 minutes. Serve warm.

[illegible]

## 9 Things Your Sweat Is Trying To Tell You

No one likes when her face is too damp to apply makeup on summer mornings or when it seems like every white shirt you own is permanently discolored, but sweat is actually the body's (pretty brilliant) built-in cooling system. Your body temperature rises, your nervous system gives your sweat glands the green light, and moisture pops onto your skin, where it promptly (well, eventually) evaporates, cooling you down in the process. And yet, we're constantly at battle with our sweat: trying to make it stink less, trying to stop it altogether during an important meeting, then trying to lose buckets of it at the gym. But if you stop and pay attention, all that perspiration can actually teach you a surprising amount about yourself and your health. Here are a few things it's trying to tell you.

## You're pregnant...or hitting menopause

Anything that toys with your endocrine system (your body's collection of hormone-producing glands) can leave you feeling sweatier than usual. Of course, there's the dreaded hot flash, which as many as 85% of women have in the years right around menopause, but pregnancy may also be to blame. That's because hormonal changes seem to mess with the brain's "thermostat," mistakenly making you think you're overheating—and triggering the naturally cooling sweat response—even when you've positioned yourself right in front of the AC.

### **You're stressed**

If you keep catching yourself sniffing and wondering, "Is that me?!", take a sec to reflect on what's been on your mind lately. If you're stressed or anxious, your pits are probably to blame. The sweat we produce when we're hot is made by eccrine glands all over the body and contains mostly water and salt. But when we're stressed, sweat is produced by apocrine glands, which are found only in certain areas like the armpits. That type of sweat contains fat and protein that mix with the bacteria on our skin, producing a stench in the process. Same deal if you're anxious or scared.

### **You're spreading happiness...**

...or fear. Oddly enough, the people around you can pick up on what you're feeling by the smell of your sweat. In a (rather revolting) experiment, 36 women smelled sweat samples of 12 men who had watched videos meant to either scare them or make them happy. When a woman smelled sweat from a guy who'd been scared by the video, she was more likely to make a facial expression resembling something like fear. When she smelled sweat from a happy guy, she was more likely to smile. Guess it can't hurt to crack a smile at the gym

### **You're at risk for heatstroke**

Everything's going swimmingly during your summer walk, when suddenly you realize you've stopped sweating and you're starting to get dizzy. Anhidrosis, or the inability to sweat normally, can be dangerous, since it prevents your body from naturally cooling off. If you continue on without rehydrating, you risk heat illnesses like heat exhaustion or heatstroke. Move to a shady or air-conditioned space and have something cool to drink (without caffeine or alcohol). If you don't start to feel better quickly, call for emergency medical attention.

However, longer-lasting anhidrosis may be due to nerve damage, certain medications, or an inherited condition, which can increase risk for heat illnesses and heart problems, too, says David M. Pariser, MD, former president of the American Academy of Dermatology. It's pretty rare, though, he says; just because you don't feel moist and clammy, doesn't mean you're truly not sweating. Turns out, most of us produce about an ounce and a half of sweat every day, not counting those puddles you make when you work out. If you notice a real drop in your sweat production, be sure to bring it up with your doc.

### **Your blood sugar's low**

Normally, your blood sugar should be between 70 and 100 mg/dL, if measured when fasting. But if it drops below that 70 mark, whether because of diabetes or something like strenuous exercise, you may start to feel the effects (if you're struggling with your blood sugar, here's exactly what one woman ate to get her blood sugar under control). One symptom can be excessive sweating, or cold, clammy skin, particularly at the back of your neck at your hairline. (Watch out for a quickened heartbeat, shakiness, slight nausea, dizziness, and blurred vision, too.) Luckily, in cases of a mild dip, you can bring your blood sugar back up to normal by eating or drinking something. But if your blood sugar continues to drop, you'll likely start to notice other more serious symptoms and could require medical care.

### **You're eating the wrong foods**

If you've been cursed with particularly fishy smelling BO, you may have a rare genetic disorder called trimethylaminuria, which means your body can't break down the chemical compound trimethylamine, produced during digestion of foods like eggs, legumes, and fish. Instead, your body sheds excess trimethylamine via sweat, urine, and breath—often producing a smell not unlike rotting fish, rotting eggs, or garbage, according to the National Institutes of Health. If you think you may have trimethylaminuria, work with your doctor to come up with the best treatment plan, which will likely involve avoiding these foods and possibly popping certain supplements.

### **You might need more to drink than your workout buddy on your next long run**

Ever had sweat drip into your eyes, only to find yourself in searing, stinging pain? Does dried sweat leave a gritty feeling or white streaks on your cheeks, too? You're probably a salty sweater, common among people who get lots of water during the day and keep sodium pretty low in their diet. Reach for a sports drink or an electrolyte tablet you can dissolve in some H<sub>2</sub>O sooner than the average exerciser.

### **You could have hyperhidrosis**

If a doc can't find an explanation for your excessive sweating, you may have a condition called primary focal hyperhidrosis, when excessive sweating is a medical condition in and of itself. And no, Spinning enthusiast, you do not have hyperhidrosis if you can produce a lake of sweat under your bike. Primary focal hyperhidrosis is typically marked by sweating so excessive it interferes with your daily activities.



"You're supposed to sweat when you're physically hot, or exercising, or stressed," says Pariser, who's also secretary and founding member of the International Hyperhidrosis Society. "People with primary hyperhidrosis sweat at times when they shouldn't." Even in a cool room, sitting perfectly still, a person with hyperhidrosis could have sweat dripping from her hands, he says.

Experts aren't entirely sure why it happens, but they do know that hyperhidrosis runs in families and is the result of too much stimulation from the nerves that trigger the sweat glands. "The switch is stuck in the 'on' position," Pariser says. Depending on the location of the sweating, hyperhidrosis treatment varies, but can include prescription-strength antiperspirant (even on the hands and feet), Botox injections, and surgery.

## You could have lymphoma

Hyperhidrosis can also be a side effect of a number of health conditions—including gout, hyperthyroidism, and Parkinson's disease—and even some medications. Particularly troubling is that it can be a symptom of lymphoma, or cancer of the lymph cells, which play a role in the immune system. It's not completely understood yet why lymphoma can cause drenching sweat; it could be something about lymphoma itself or how the body responds to it, Pariser says. Perhaps it's a reaction to another symptom—fever—as the body tries to cool itself down. (Both fever and sweating are known as "B" symptoms and linked with more aggressive lymphoma.) Or, it could be caused by hormones and proteins produced by cancer cells themselves, according to the UK Lymphoma Association.





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Theodore Roosevelt

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