

## Got body odor? Don't sweat it. Follow these tips

**P**eople don't naturally smell like lavender or pine or some other pleasant scent. It's normal to stink a little after a workout or long day. But for some of us, body odor is a constant problem. Normal washing can reduce most body smells. But in some cases, your body might be trying to signal that something is wrong. When that happens, you should see a doctor.



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### Quick facts: Controlling body odor

**1** Sweat can lead to body odor. Teens sweat a lot because their bodies are still growing. Among adults, men tend to sweat more than women. And eating foods such as garlic can cause body odor.



**2** Anxiety can lead to excessive sweating and smells. A bath or shower can help. But if you have regular anxiety, see a mental health professional.

**3** Diabetes can cause body odor that has a sweet or fruity smell. Skin disease and infections can also cause smells. This is why you need to be aware of how you smell and be sure tell your health care provider.

**4** One of the stinkiest places for body odor is your feet. Sweat is the main cause. Be sure to regularly change socks and clean your shoes.

**5** People are often too embarrassed by body odor to seek help. But if you're having problems controlling odors, check in with your health care team. They may be able to easily solve your problem, and you may smell better, too.



>> For more information on body odor and sweating, visit [www.aad.org](http://www.aad.org).