

HOT FLASHES

A SUDDEN WAVE OF HEAT IN YOUR BODY THAT IS ACCOMPANIED BY SWEATING AND DISCOMFORT AND MAY BE FOLLOWED BY FEELING COLD.

They are a common symptom of menopause (the time of hormonal change for people with a uterus when they stop having periods in their late 40s to 50s) and may come with other symptoms like mood changes.



DURING A HOT FLASH YOU CAN TRY TAKING VERY SLOW, DEEP BREATHS IN THROUGH YOUR NOSE AND OUT THROUGH YOUR MOUTH.

Hot flashes can be different for everybody. They may last different amounts of time, come with varying sensations, be mild or severe, and may stop once menopause is complete or continue through your life

THE CAUSE IS NOT CLEAR, BUT MANY THERAPIES HAVE BEEN EFFECTIVE FOR DIFFERENT PEOPLE.

TRACK YOUR HOT FLASHES. IT MAY HELP YOU IDENTIFY A PATTERN OR TRIGGERS LIKE

- **HEAT**
- **SMOKING**
- **CAFFEINE**
- **ALCOHOL**
- **SPICY FOODS**
- **TIGHT CLOTHES**
- **STRESS**

LIFESTYLE CHANGES:

DRESS IN LAYERS

USE A FAN

STAY COOL

DRINK SOMETHING COLD

QUIT SMOKING

EXERCISE REGULARLY OR BE

ACTIVE IN COOL ENVIRONMENTS.

YOU'LL NEED A PRESCRIPTION FOR THESE MEDICATIONS:

- **HORMONE REPLACEMENT THERAPY WITH EITHER ESTROGEN OR ESTROGEN AND PROGESTERONE**
- **SELECTIVE SEROTONIN REUPTAKE INHIBITOR LIKE VENLAFAXINE/EFFEXOR®, FLUOXETINE/PROZAC®, OR DESVENLAFAXINE/PRISTIQ®**
- **GABAPENTIN/NEURONTIN®**
- **CLONIDINE/CATAPRES®**

YOU DO NOT NEED A PRESCRIPTION FOR THESE, BUT RESEARCH HASN'T PROVEN THEY'RE USEFUL. CHECK WITH A PROVIDER.

- **EVENING PRIMROSE OIL**
- **BLACK COHOSH,**
- **SOY (NOT RECOMMENDED FOR BREAST CANCER SURVIVORS)**
- **ACUPUNCTURE**
- **VITAMIN E**

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