

HOT FLASHES

What are hot flashes?

Most people describe a hot flash as a sudden hot feeling in the upper body (face, neck, and chest). It usually lasts from 30 seconds to 5 minutes. You may feel sweaty. Hot flashes may also make you have problems sleeping.

What causes hot flashes?

We don't really know why people have hot flashes. There's probably more than one reason. One main reason is the changes in hormone levels that happen with menopause.

How long will I have hot flashes?

It varies from person to person. For some people, hot flashes stop by 2 years. They can also happen for much longer, or never fully stop. There is no way to tell when they will start or stop.

How are hot flashes treated?

Hormone therapy works best. It can be given in different forms – pills, patches, vaginal rings, and shots.

Some medicines that don't contain hormones may also help. There are 3 kinds:

- Medicines that are sometimes used to treat depression called SSRIs and SNRIs
- A medicine that is also used to treat blood pressure called clonidine
- [Medicines that are also used to treat seizures](#)

Are there other ways to treat hot flashes?

Some people make certain lifestyle changes like layering their clothing, keeping the room cool, and drinking cool liquids. Avoiding alcohol and caffeine may help.

Some people use herbs, vitamins and something called phytoestrogens. Research does not show that they help and they may have harmful side effects.

Acupuncture and reflexology have not been shown to help either.

Your health is important to us. If you have any questions or concerns, please call us. We are happy to help you.