

# HOT FLASHES FACT SHEET

## What are Hot Flashes?

Hot flashes are a feeling of heat in the center of the chest, neck and face. You may also feel increased perspiration and palpitations, chills, shivering, and anxious. These feelings can occur at any time of the day. They can occur at a minimum of once a day, and as frequently as once an hour.

## Why am I having Hot Flashes?

Menopause

Medications: Hormonal Oncologics (ie: Tamoxifen, Lupron), tramadol, gabapentin

Pregnancy

Hyperthyroidism

Chemotherapy

Certain tumors or conditions

## Common Hot Flash triggers:

Obesity/Reduced physical activity

Stress/anxiety

Alcohol and caffeine

Hot food/drinks (high temperature)

Spicy foods

Hot weather

A warm room or bedroom

Hot tubs, hot showers, and saunas

Smoking

Diet pills

Synthetic fabrics

## How can I reduce the number of Hot Flashes?

Avoid triggers (described above)

Lower the room temperature

Use fans. Use water spray bottles.

Dress in light clothing and in layers that you can remove as needed

Engage in regular exercise.

Try to lose weight.

Stay hydrated – drink water.

Stress management techniques (yoga, deep breathing, meditation, and guided imagery)

## Discuss with your provider:

Speak with your healthcare provider about your quality of life if impacted by hot flashes. Always talk to your healthcare provider before trying supplemental therapies. These can include vitamin B, vitamin E, black cohosh (*Actaea racemosa* or *Cimicifuga racemosa*), evening primrose oil, Isoflavones and phytoestrogen supplements.



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