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.