

MENOPAUSE RELATED HOT FLASHES

WHO



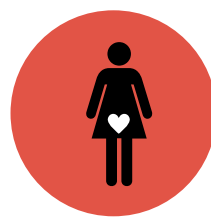
women over 40 years of age transitioning into menopause

WHAT



sudden intense warmth in face, neck, chest with profuse sweating

WHY



reaction to decreasing amount of estrogen, causing hormonal imbalance

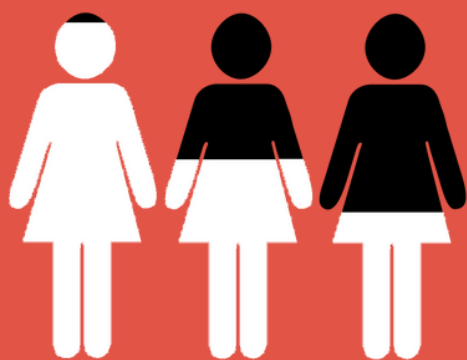


SYMPTOMS



- sudden rise in temp
- heart palpitations
- sweating
- headache

ESTROGEN LEVELS



40

50

60

DURATION

- each last between 30 seconds and 5 minutes
- frequency ranges from on occasion to up to 20 times per day
- happens over the course of a 5 to 10 year span

HOT FLASH PREVENTION



Avoid triggers of spicy food, alcohol and caffeine.

Follow a balanced diet of foods rich in phytoestrogens.

Exercise regularly in well-ventilated spaces.

Avoid wearing synthetic, wool or silky clothes.

RELIEF

- A/C or fans
- breathable clothing
- dress in layers
- cold showers
- sip ice water



TREATMENT

- natural supplements (black cohosh, red clover, primrose oil)
- OTC supplements
- ask your doctor about hormone replacement therapy