

# Hot Flashes and Night Sweats

Hot flashes and night sweats may be side effects of cancer or its treatment. They are sudden, temporary onsets of body warmth, flushing, and sweating. Night sweats happen while sleeping.

## TRY THIS

**Talk to your health care team.** Ask about both non-drug and drug treatments for hot flashes, and discuss any side effects of treatment.

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## CHECK THIS OUT

**Visit** the Springboard page on Hot Flashes and Night Sweats.  
<https://survivorship.cancer.gov/springboard/symptoms/hot-flashes>

**Learn** more about hot flashes and night sweats.  
<http://go.usa.gov/xxHgJ>