HOT FLASHES IN OLDER WOMEN



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Q A Are Hot Flashes in Elderly Women Normal

Hot flashes among older women are often caused by a hormonal imbalance. Changes in hormone levels from menopause can make the hypothalamus, the part of the brain that controls temperature, confused about the body's current temperature.

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Hot flashes Symptoms and causes Mayo Clinic

Women who smoke are more likely to get hot flashes. Obesity. A high body mass index (BMI) is associated with a higher frequency of hot flashes. Ethnicity. More African-American women report menopausal hot flashes than do women of European descent. Hot flashes are less common in women of Japanese and Chinese descent than in white European women.

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Hot Flashes Guide Causes Symptoms and Treatment Options

Hot flashes commonly occur in women around the time of menopause. Researchers do not know exactly what causes hot flashes. Current theories suggest hot flashes are due to a menopause-related drop in the body's level of female hormones called estrogens.

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Hot Flashes Sexual Side Effects of Menopause The North

Most women experience hot flashes for 6 months to 2 years, although some studies suggest that the average period is as long as 3 to 5 years. In some women, hot flashes linger for 10 years or more, and older women are known to have occasional hot flashes.

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When I'm 64 I'll still have hot flashes ScienceDaily

Some 40% of women 60 to 65 years old still have hot flashes. For many, the hot flashes are occasional and mild, but for some, they remain really troublesome, shows a new study just published in

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Hot Flashes Why They Happen Treatment Prevention WebMD

This prevents hot flashes for many women. Plus, it can help other symptoms of menopause, including vaginal dryness and mood disorders. When you stop taking HRT, the hot flashes may come back.

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Study Finds Some Older Women Still Have Hot Flashes

Hot flashes weren't the only bothersome symptom for older women. About 62 percent of participants between 60 and 65 reported experiencing troubling sexual symptoms such as pain during activity. Despite these telling results, women are not getting the help they need, according to the researchers.

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