

## **HOT FLASHES MENOPAUSE**



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### **Hot Flashes Why They Happen Treatment Prevention**

In this Article. Hot flashes are the most common symptom of menopause and perimenopause. More than two-thirds of North American women who are heading into menopause have hot flashes. They also affect women who start menopause after chemotherapy or surgery to remove their ovaries.

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### **Understanding Hot Flashes Triggers Relief and More**

Overview. Whether it creeps up on you or you have forewarning, menopause is a fact of life. Two of the most common complaints about menopause are hot flashes and night sweats. This uncomfortable symptom affects approximately three-quarters of all women in perimenopause (the time before actual menopause).

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### **Hot flashes Symptoms and causes Mayo Clinic**

Overview. Although other medical conditions can cause them, hot flashes most commonly are due to menopause the time when menstrual periods become irregular and eventually stop. In fact, hot flashes are the most common symptom of the menopausal transition.

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### **8 Common Causes Of Hot Flashes and How to Find Relief**

Prescription meds. Hot flashes are a side effect of many common prescription drugs, Simpson says. She mentions opioids, antidepressants, and some osteoporosis drugs as a few of the common medication triggers. Battaglini recommends looking for symptoms soon after starting a new course of medication.

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### **Hot Flashes What Can I Do National Institute on Aging**

Hot flashes, a common symptom of the menopausal transition, are uncomfortable and can last for many years. When they happen at night, hot flashes are called night sweats. Some women find that hot flashes interrupt their daily lives. The earlier in life hot flashes begin, the longer you may experience them.

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### **Hot Flashes Guide Causes Symptoms and Treatment Options**

Current theories suggest hot flashes are due to a menopause-related drop in the body's level of female hormones called estrogens. This drop affects the hypothalamus, an area of the brain that regulates body temperature. In a hot flash, the hypothalamus seems to sense that your body is too hot even when it is not,

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### **Hot Flashes Causes Symptoms Treatment Medicine for Men**

Hot flashes are a characteristic symptom of the menopausal transition (perimenopause, menopause, and postmenopause) in women, but may occasionally result from other medical conditions. About 70% of women will experience hot flashes at some point in the menopausal transition.

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