

## **HOT FLASH IN WOMEN**



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Others have hot flashes for only a very short period of time. Still others can have them for 11 years or more. On average, however, women get hot flashes or night sweats for about 7 years.

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

Hot flashes are common during the menopausal transition. Learn about strategies for relief of hot flashes, including hormone therapy and natural remedies. This content does not have an English version.

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

Hot flashes in men, young women, or during pregnancy may be due to medical conditions that interfere with the body's ability to regulate temperature. Hot flashes may be treated by hormone therapy or other medications if necessary.

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

Some hot flashes pass after a few seconds, while a long hot flash may go on for more than 10 minutes. On average, hot flashes last about four minutes. The frequency of hot flashes also varies.

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### **Hot flash Wikipedia**

Hot flashes (American English) or hot flushes (British English) are a form of flushing due to reduced levels of estradiol. Hot flashes are a symptom which may have several other causes, but which is often caused by the changing hormone levels that are characteristic of menopause.

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

In most women who undergo natural menopause, hot flashes subside within 2 to 5 years after the last menstrual period. In a small number of women, however, hot flashes can continue for 8 to 15 years after the last menstrual period.

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A 2016 study of 209 women experiencing four or more menopause symptoms a day found that acupuncture significantly reduced their menopause symptoms, including hot flashes and night sweats.

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

Hot flashes are a common symptom of menopause, but that's not the only reason you can experience them. Anxiety and certain medications can trigger you to feel hot and sweaty.

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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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### **6 Times Hot Flashes aren't Related to Menopause ActiveBeat**

**Hot Foods and Environments** Many times, a hot flash will be caused by something as simple as eating a spicy meal or overheating in a hot room. For instance, if your thermostat is set on high before bed or if your bed has too many blankets, body temperature will fluctuate during the night and can leave you waking up sweaty and

overheated.

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### **Hot Flashes and Night Sweats PDQ Patient Version**

Hot flashes and night sweats can be a side effect of cancer or its treatment and can occur in both women and men. Learn more about hot flashes and night sweats and ways to treat them in this expert-reviewed summary.

<http://ebookslibrary.club/download/Hot-Flashes-and-Night-Sweats--PDQ--Patient-Version--.pdf>

### **Ways to Relieve Menopausal Hot Flashes verywellhealth com**

If your hot flashes seem to worsen after consuming these foods, try eliminating the offenders and see if the hot flashes subside. Try Medications Effexor is an antidepressant that has been found to reduce hot flashes in women undergoing treatment for breast cancer.

<http://ebookslibrary.club/download/Ways-to-Relieve-Menopausal-Hot-Flashes-verywellhealth-com.pdf>

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