

## **HOT FLASHES AT NIGHT**



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### **Tips for Dealing with Hot Flashes and Night Sweats**

Hot flashes and night sweats can be some of the most uncomfortable changes you experience during menopause. Learn the triggers to avoid, and start developing some strategies for keeping cool at

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

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 at Night Causes of Hot Flashes At Night**

75 percent of perimenopausal women report these hot flashes at night that are known as night sweats. 2; How to Deal with Hot Flashes and Night Sweats. Preparation is key!. Try these few tips for dealing with hot flashes and night sweats. 1. Keep Cool. Keep a fan close by to circulate the air throughout the night. Keep a window open.

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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. When they happen at night, hot flashes are called night sweats.

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

Hot flashes are less common in women of Japanese and Chinese descent than in white European women.

Complications. Nighttime hot flashes (night sweats) can wake you from sleep and, over time, can cause chronic insomnia. There is some association with hot flashes and increased risk of heart disease and bone loss.

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### **Causes of hot flashes and night sweats Women's Health**

Causes of hot flashes and night sweats Hot flashes a defining symptom of menopause can seriously disrupt your life. A hot flash can occur without warning, creating embarrassing episodes especially if your face flushes, or if you routinely perspire through your clothes.

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### **Night Sweats Causes In Men Women Remedies Treatments**

Night sweats due to the menopausal transition are typically accompanied by other symptoms of menopause such as vaginal dryness, daytime hot flashes, and mood changes. Night sweats that occur as a side effect of medications can be accompanied by other medication side effects, depending upon the specific drug.

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### **Menopausal Night Sweats Everyday Health**

In addition to hot flashes, many menopausal women experience the symptom's nocturnal accomplice known as night sweats. You wake up in the middle of the night cold and clammy, your heart pounding

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

That said, hot flashes and night sweats can be a side effect of breast cancer treatment, the National Cancer Institute reports. Oftentimes, radiation and chemotherapy can cause premature menopause

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