

HOT FLASHES IN WOMEN TREATMENT



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Medications such as antidepressants and anti-seizure drugs also might help reduce hot flashes, although they're less effective than hormones. Discuss the pros and cons of various treatments with your doctor. If hot flashes don't interfere with your life, you probably don't need treatment.

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Hot Flashes Why They Happen Treatment Prevention WebMD

That depends. About 2 in 10 women never get hot flashes. Others have hot flashes for only a very short period of time. Still others can have them for 11 years or more.

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Understanding Hot Flashes Triggers Relief and More

The popularity of hormone replacement therapy (HRT) has waxed and waned over the years. Treatment with synthetic hormones may be an option for some women whose hot flashes are debilitating and

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Hot Flashes Causes Symptoms Treatment MedicineNet

Some women report that exercise programs or relaxation methods have helped to control hot flashes, but controlled studies have failed to show a benefit of these practices in relieving the symptoms of hot flashes.

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Remedies for Hot Flashes Healthline Medical information

Spicy foods, caffeinated beverages, high-fat and high-sugar diets, and alcohol have all been implicated in increasing the severity and frequency of hot flashes. One study that reviewed women s

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Menopause Non Hormonal Treatment Relief for Hot Flashes

Menopause: Non-Hormonal Treatment & Relief for Hot Flashes Hormone therapy is the most effective therapy for hot flashes, but there are other treatment options. Non-hormonal treatments include modifying your diet, lifestyle changes, and over-the-counter therapies.

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