

Experiencing Hot Flashes ?

WHAT ARE HOT FLASHES ?

Hot flashes are sudden feelings of intense warmth, often in the face, neck, or chest. They can last a few seconds to several minutes and may be accompanied by:

- Flushed skin
- A racing heartbeat
- Sweating

They can happen any time—during the day or night.



🌙 WHAT ARE NIGHT SWEATS?

Night sweats are hot flashes that happen during sleep. You may wake up:

- Soaked in sweat.
- Needing to change clothes or bedsheets.
- Feeling cold after the sweat passes.

This can disrupt your sleep and leave you feeling tired the next day.

Over time sleep problems can reduce your quality of life and increase the risk of serious health problems such as :



Blood pressure



Diabetes



Osteoporosis



Heart Attack



Mood Swings

KNOW YOUR TREATMENT OPTIONS.

1. Hormonal Treatments (Most Effective)

Systemic HRT (Estrogen alone or with Progesterone)

Reduces frequency/severity of hot flashes

- Available as pills, patches, gels, sprays, and rings
- Low-dose Vaginal Estrogen (for local symptoms, not VMS directly).

2. Non-Hormonal Prescription Medications

- SSRIs/SNRIs (e.g., Paroxetine, Venlafaxine)
- Antidepressants also approved for hot flash relief.

3. Lifestyle & Behavioral Approaches

- Layered Clothing & Cooling Devices.
 - Fans, cooling pillows, breathable fabrics.

4. Complementary Therapies

- Cognitive Behavioral Therapy (CBT)
 - Reduces distress caused by hot flashes.

