

Hot Flashes

WHAT, WHY & HOW TO TREAT.

*Read more at www.webmd.com and www.wikipedia.org

To prevent hot flashes, avoid these triggers:

- Stress
- Caffeine
- Alcohol
- Spicy foods
- Tight clothing
- Heat
- Cigarette smoke

Other things you can do to keep hot flashes at bay include:

- Stay cool.** Keep your bedroom cool at night. Use fans during the day. Wear light layers of clothes with natural fibers such as cotton.
- Try deep, slow abdominal breathing** (six to eight breaths per minute). Practice deep breathing for 15 minutes in the morning, 15 minutes in the evening and at the onset of hot flashes.
- Exercise daily.** Walking, swimming, dancing, and bicycling are all good choices.
- Chill pillows;** cooler pillows to lay head on at night might be helpful.

Talk to your doctor about taking short-term (less than five years) hormone replacement therapy, or HRT. This treatment prevents hot flashes in many women.

What Are Hot Flashes?

A hot flash, sometimes called a hot flush, is a momentary sensation of heat that may be accompanied by a red, flushed face and sweating. Hot flashes, a common symptom of menopause and perimenopause, are typically experienced as a feeling of intense heat with sweating and rapid heartbeat, and may typically last from two to thirty minutes for each occurrence. The cause of hot flashes is not known, but may be related to changes in circulation.

Why Do Hot Flashes Occur?

Hot flashes occur when the blood vessels near the skin's surface dilate to cool. This produces the red, flushed look to the face. A hot flush is a hot flash plus a visual appearance of redness in the face and neck. A woman may also perspire to cool down the body. In addition, some women experience a rapid heart rate or chills.

Hot flashes accompanied with sweating can also occur at night. These are called night sweats and may interfere with sleep.

Younger women who are menstruating or expecting to menstruate soon (the premenstrual period typically lasts one week) may encounter hot and/or cold flashes. These episodes do not usually last long, with feelings of cold and heat alternating over the course of as short as a minute.

Hot and cold flashes for younger women tend to occur only during times of menstruation or pre-menstruation (when estrogen is typically lowest). If they occur at other times in a young woman's menstrual cycle, then it might be a symptom of a problem with her pituitary gland; seeing a doctor is highly recommended. In younger women who are surgically menopausal, hot flashes are generally more intense than in older women, and they may last until natural age at menopause.

Ways to Prevent Hot Flashes.

While it may be impossible to completely avoid hot flashes during menopause, there are certain triggers that may bring them on more frequently or cause them to be more severe.



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Practice emphasis:

- Compassionate, thorough care
- Physician-performed nerve conduction studies and EMG testing, diagnosis of carpal tunnel, neuropathy, radiculopathy
- Inpatient rehabilitation or hospital consults at all local hospitals for stroke, deconditioning, fractures, amputations, joint replacement rehab.
- Non-surgical treatment of musculoskeletal problems, intrathecal baclofen pump programming and Botox for torticollis, spasticity due to cerebral palsy, multiple sclerosis, stroke, brain injury, spinal cord injury.
- Electronic medical records and endorsement of web-based health records
- Patient tracking with PDA/Palm



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