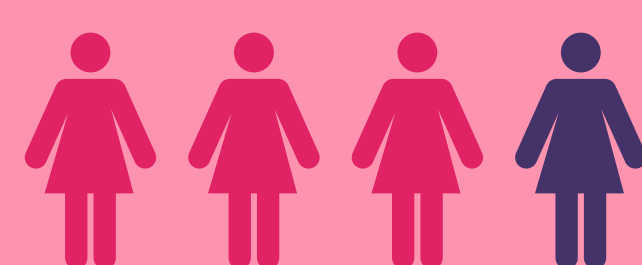


What Happens in the Body During a Hot Flash

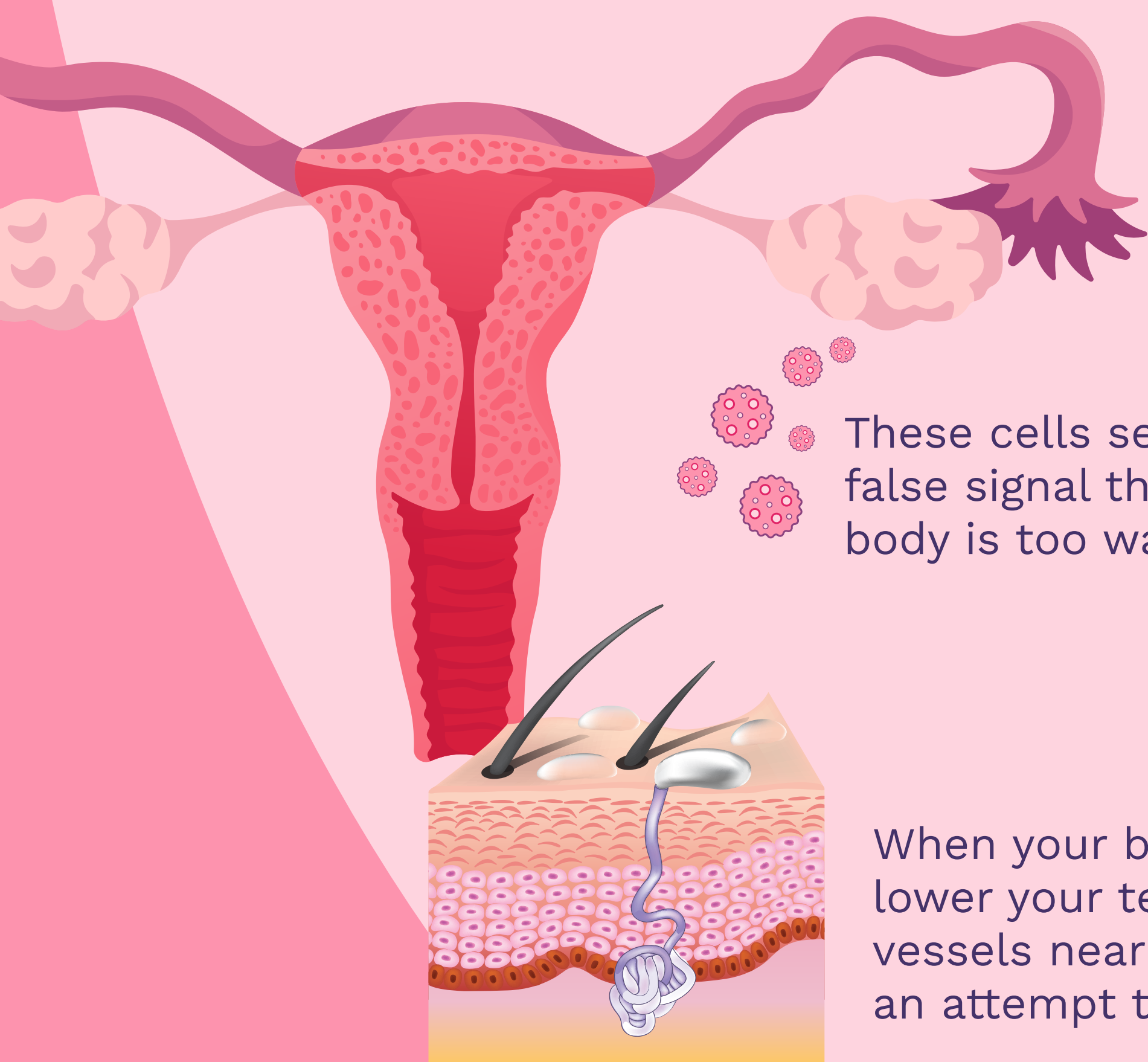
Learn what actually happens in your body during a hot flash

What is a hot flash?

As your ovaries produce less estrogen, cells in your hypothalamus, the part of your brain that controls temperature, are thrown off balance.



About **3 out of 4 women** deal with hot flashes related to menopause.



These cells send a false signal that your body is too warm.

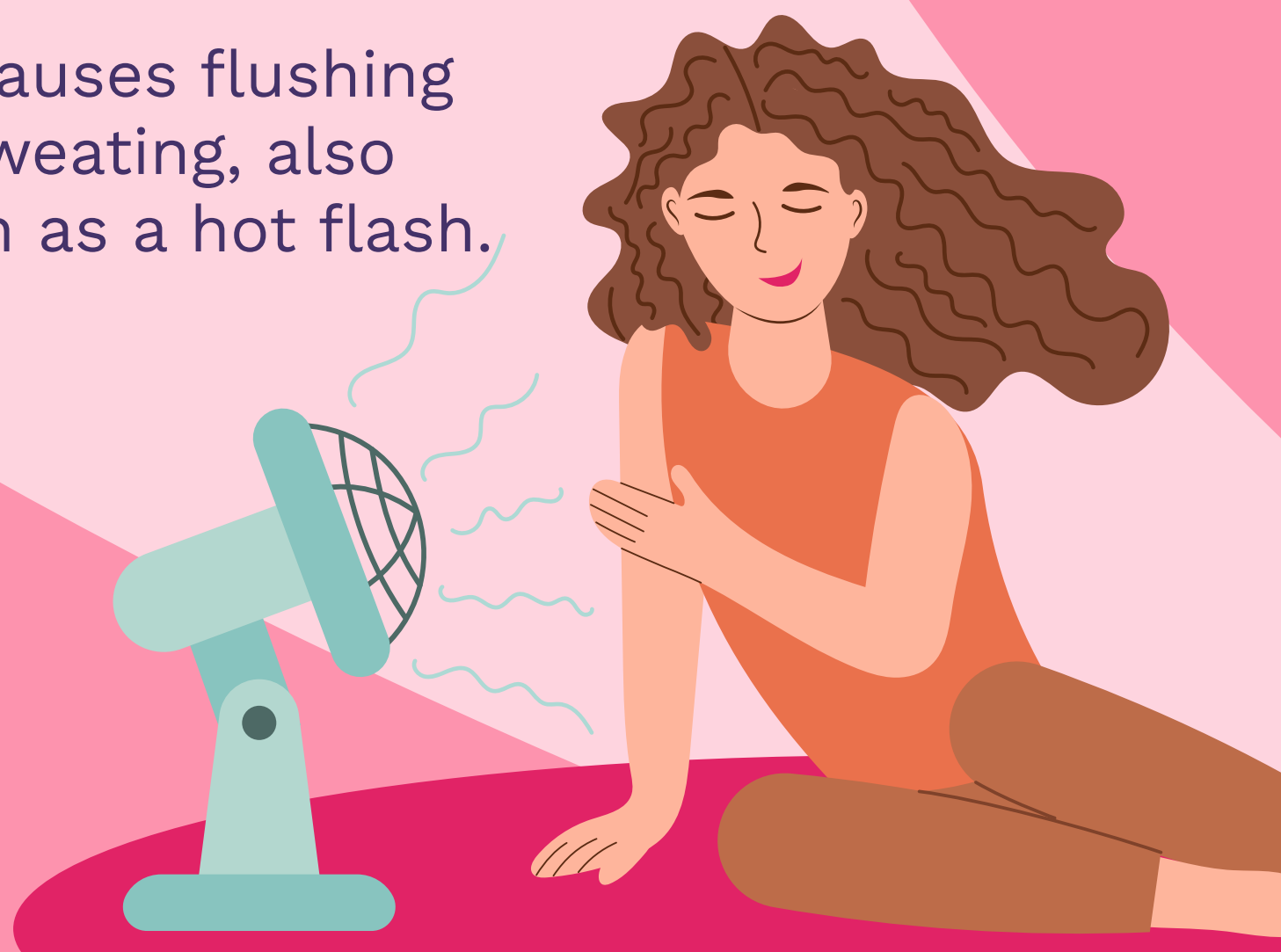


When your body tries to lower your temperature, blood vessels near your skin widen in an attempt to cool you down.



When hot flashes happen when you sleep, they're called **night sweats**.

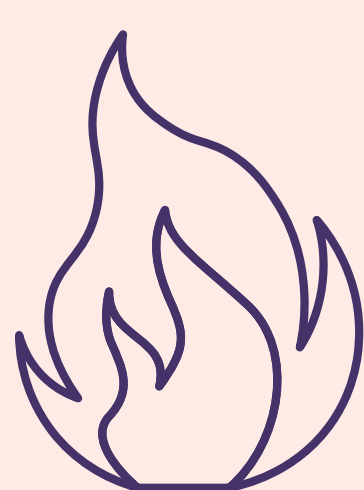
This causes flushing and sweating, also known as a hot flash.



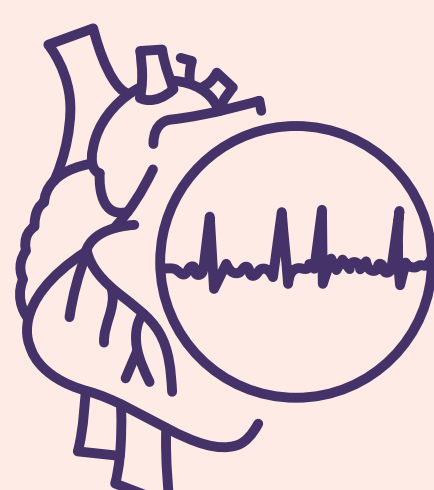
During a hot flash



Skin may turn red, flushed and blotchy



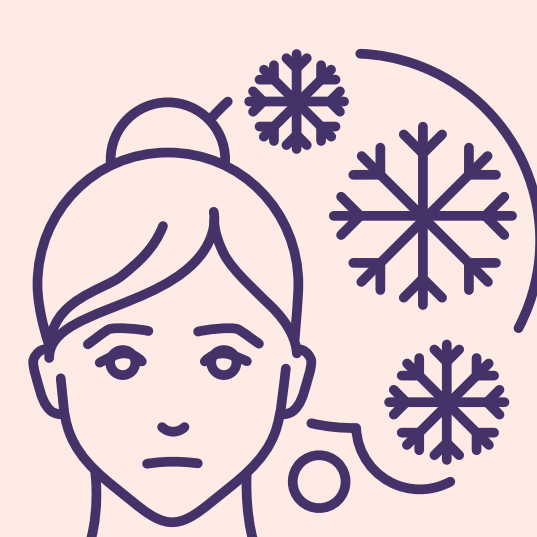
Your face, neck and chest may feel hot and sweaty



Your heart may race or flutter



You may feel anxious

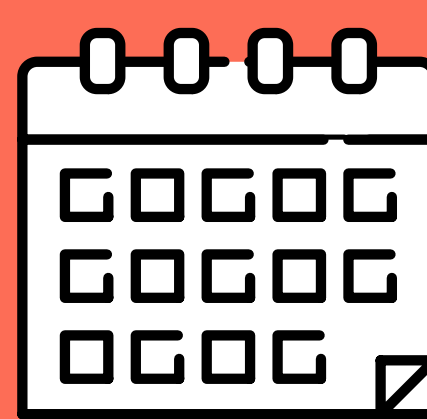


You may get the chills or shiver



How long does a hot flash last?

A typical hot flash lasts just a few minutes.



Women experience hot flashes for **7 years on average**.



Do all women get hot flashes?

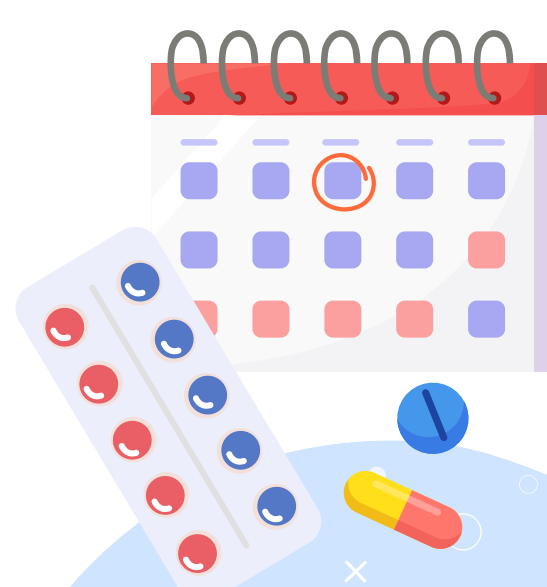
Some women don't get hot flashes at all, or barely notice them. For others, hot flashes are extreme and disrupt normal life.

Putting a damper on hot flashes

There are lifestyle changes and treatments that can help with hot flashes:



Reduce caffeine
Avoid spicy food
Limit alcohol
Don't smoke



Hormone therapy
Non-hormonal medicine
Cognitive behavioral therapy

Talk to your clinician to learn your options.

