

Hot Flashes & Night Sweats

- Recommendations

Hormone Deficiency

- Testosterone pellet implant relieves hot flashes in over 90% of patients. Higher doses have greater affect.
- Continuous progesterone may also help to relieve hot flashes, anxiety and insomnia.
- A topical hormone cream applied at night may help.

Medications (including herbal supplements)

- Blood pressure medications, statins, *sleeping pills*, anti-depressants, thyroid medication and H2 blockers.
- Pay attention to when your hot flashes occur in relationship to taking medications.

Elevated temperature

- Cool your bedroom by 2 degrees. Wear light bed clothing.
- Avoid hot drinks. Sipping on a cold beverage may alleviate or reduce the severity of hot flashes.

Dehydration

- Drink fluids with electrolytes; prior to bedtime if experiencing night sweats.

Alcohol is the most common cause of night sweats

- Avoid alcohol within 3 hours of going to bed.

Salt, pepper and spicy foods

- Avoid salt, pepper and spicy foods, especially at dinner.

Diet: Refined carbohydrates (sugar) and processed foods.

- Eat whole foods, fruits, and vegetables. Add flaxseed to your diet.
- Avoid large meals.

Caffeine

Stress

- Meditate, avoid stressful situations, and pay attention to how you react to stress.
- Practice deep breathing exercises throughout the day and at night if you awaken.
- Exercise, walking

Infections

Extremely rare medical conditions; endocrine tumors

Diet:

Medications (including supplements):

When do the hot flashes or night sweats occur?