

[HOT FLASHES MENOPAUSE](#)



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Hot flashes are the most common symptom of menopause and perimenopause. More than two-thirds of North American women who are heading into menopause have hot flashes.

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Hot Flashes Causes Symptoms and Treatments Healthline

There are many possible causes of hot flashes and this list is not comprehensive. If you experience repeat hot flashes that don t go away, you should call a doctor.

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Menopause Hot flushes NHS

Women often describe a hot flush as a creeping feeling of intense warmth that quickly spreads across your whole body and face. It typically lasts for several minutes. Others say the warmth is similar to the sensation of being under a sun bed, or feeling like a furnace.

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