

[HOT FLASHES WHAT ARE THEY](#)



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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 flash Wikipedia

Hot flashes or hot flushes are a form of flushing due to reduced levels of estradiol. Hot flashes are a symptom which may have several other causes, but which is often caused by the changing hormone levels that are characteristic of menopause. They are typically experienced as a feeling of intense heat with sweating and rapid heartbeat, and may typically last from 2 to 30 minutes for each occurrence.

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Dr. Carolyn Dean, author of Hormone balance: A woman's guide to restoring health and vitality, shares her advice and medical knowledge about hot flashes. What

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Hot flashes are one of the most common symptoms of perimenopause and menopause. If you've never experienced them, the unexpected and sudden bursts of heat can be overwhelming. Maintaining hormonal balance is the best way to ease the severity of these unwanted episodes. Read on to learn more about hot flashes and how they feel.

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Hot Flashes be Caused by Something Besides Menopause

Hot flashes are a common symptom of menopause and the perimenopausal years before it, but they are not exclusive to the time before the end of the reproductive years. The feeling of intense heat, sweating, and rapid heartbeat can signal other conditions as well.

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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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Hot Flashes Guide Causes Symptoms and Treatment Options

When hot flashes occur during the night, they can cause sleeplessness (insomnia), resulting in poor concentration, memory problems, irritability and exhaustion during the day. Diagnosis After noting your age, your doctor will ask you whether you are still having regular menstrual periods.

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Hot Flashes Symptom Information 34 Menopause Symptoms

Hot flashes are one of the most common symptoms experienced by women around the time of menopause. In fact, approximately half of all perimenopausal women and 75 - 85% of all postmenopausal women experience hot flashes.

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Hot Flashes Causes Symptoms Treatment Medicine for Men

Hot flashes are typically brief, lasting from about 30 seconds to a few minutes. Redness of the skin, known as flushing, may accompany hot flashes. Excessive perspiration can also occur; when hot flashes occur during sleep they may be accompanied by night sweats. Feelings of anxiety may accompany hot flashes.

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Hot flashes are annoying, and they can leave you with a pounding heart, flushed skin, and when they pass a sweat-stained shirt and a case of the chills. Advertisement - Continue Reading Below

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