

Hot FLASHES



Hot flashes and other menopausal symptoms affect your quality of life. Take a moment to explore our best tips for handling hot flashes in the heat.



Reevaluate your diet: Certain foods and beverages can elevate your body temperature and induce hot flashes, particularly if it's already hot outside. If you're suffering from hot flashes, avoid spicy food, alcohol, and caffeine.

Focus on eating a healthy, balanced diet that's rich in fruits, vegetables, and whole grains. Drink ice water or unsweetened tea to help keep your body temperature lower on hot days.

Practice healthy stress management: Finding healthy ways to manage stress and calm yourself may reduce menopausal symptoms, including hot flashes. Try practicing yoga or meditating. If you feel a hot flash coming on, take deep breaths to reduce anxiety and wait for the hot flash to pass.

Keep cooling items close at hand: Prepare for hot flashes ahead of time by stashing washcloths or small scarves in the freezer. When you feel a hot flash coming on, drape the fabric over the back of your neck for quick relief.

Consider hormone replacement therapy: If you have tried every trick in the book to keep your hot flashes at bay, ask us about Hormone Replacement Therapy. Hormone replacement can help balance hormone levels to minimize unpleasant menopausal symptoms, including hot flashes. Call the office to book a consultation to learn more.