

Hot Flashes & Night Sweats Recommendations

Hormone Deficiency

- Testosterone pellet therapy relieves hot flashes in over 90% of patients
 - Higher doses have a greater affect. An increase in testosterone dose may help.
- Continuous progesterone may also help to relieve hot flashes, anxiety and insomnia.
- A topical hormone cream like estradiol (Estrogel®) or OTC 3% progesterone (Progest®) applied at night may help.
- Some thinner women with low body fat may not make enough estrogen from testosterone and may benefit from estradiol delivered topically as a cream or patch or vaginal estriol with progesterone.

Medications (including herbal supplements)

- Blood pressure medications, statins, *sleeping pills*, anti-depressants, thyroid medication, H2 blockers and herbal supplements; may cause hot flashes and or night sweats.
- 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.
- Avoid mattresses and mattress protectors that don't breath (e.g. some memory foam).

Dehydration

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

Alcohol is the most common cause of night sweats

- Avoid alcohol within 3-6 hours of going to bed.
- Avoid more than one glass in the evening.

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 or chia seeds to your diet.
- Avoid large meals and excess salt if it affects your sleep patterns.

Caffeine

Stress and anxiety

- 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!

Infections (chronic or acute) may increase body temperature and should be treated.

Medical conditions like overactive thyroid or endocrine tumors may cause hot flashes.

Pay attention to when the hot flashes occur or what time at night the sweats occur