

## Help with Hot Flashes

Online version with active resource links at: <http://cancer-help.me/HotFlashes>

### Feeling hot suddenly?

A hot flash is when you experience a sudden warm or hot feeling on your face and upper body that may cause you to sweat and turn your face red. Sweating is your body's way of lowering body temperature by causing heat loss through your skin. Hot flashes and sweating while sleeping is called night sweats. Hot flashes and night sweats are common in patients receiving cancer treatment

In women and men, hot flashes and night sweats may be caused by surgery, radiation therapy, and taking certain medications.

Hot flashes are most common at night. They are usually brief, averaging four minutes, but often leave cold sweat behind.

There may be help for you if your hot flashes are uncomfortable. How hot flashes and sweating are managed depends on what is causing them. Sometimes medications can be used and sometimes lifestyle changes might help.

#### Hot Flash Symptoms:

- Sudden warm feeling over face, neck and upper body
- Sweating, a little or a lot
- Face or other parts of the body may turn red
- Feeling chilled before or after a hot flash

#### Hot Flash Causes:

- **Hot Flashes and night sweats** are common in cancer patients and survivors for both men and women from different types of cancer treatments. Hot flashes and night sweats are caused by lowered hormones (for women estrogen, for men testosterone) in the body. Hot flashes and night sweats can and do occur naturally in women during menopause; and to a very small amount of men with age.

#### Ways to self manage hot flashes and night sweats:

- Exercise (check with your doctor before starting a new exercise routine)
- Eat a healthy diet
- Maintain a healthy weight
- Try to avoid triggers which may include stress, alcohol, cigarettes, caffeine, spicy foods, hot food or drinks, hot showers and hot baths.
- Wear layers of loose, airy fabrics.
- Lower the room temperature.
- Take a cool shower or bath
- Use cotton bedding and wear cotton pajamas

**Every patient's experience with hot flashes is different.** If yours are continually uncomfortable and disrupt your quality of life or sleep, talk to your cancer care team about what is best for your situation.

- Your provider may prescribe hormone replacement medications or non-hormone medications.
  - Hormone replacement therapies (HRT) are NOT recommended for women that have or have survived breast cancer.
  - Non-hormone medications may include certain antidepressant, nerve, anticonvulsant, and blood pressure drugs.
- Check with your care team before taking any new over the counter medication or supplements.

Content adapted from websites below.

### Resources for Additional Information:

- [NIH\(PDO®\) – Hot Flashes and Night Sweats](#)
- [Cancer.org, Managing Hot Flashes and Sweating](#)
- [Breast Cancer.org, Symptoms: Hot Flashes](#)
- [Cancer.org, Therapy after Breast Cancer](#)
- [Cancer.Net, Menopausal Symptoms Women](#)
- [Cancer.Net, Hormone Deprivation in Men](#)
- [Breastcancer.org, Hot Flashes and Sexuality](#)

### Recursos en Español:

- [NIH, Instituto Nacional Del Cáncer \(PDO®\), Sofocos y Sudores Nocturnos](#)
- [Cancer.Net, Síntomas de la Menopausia en las Mujeres](#)
- [Cancer.Net, Síntomas de Carencia Hormonal en los Hombres](#)
- [Chemocare, Menopausia y Quimioterapia](#)