

HOT FLASHES

Welcome to the wonderful, wacky, wigged-out world of PMS, perimenopause, and menopause! What you are experiencing now is very common and considered **NORMAL**. But even “normal” can be miserable sometimes, so I have compiled a few suggestions to help reduce your discomfort. Remember, no one ever died of a hot flash.

1. *Do nothing.* - Accept this time in your life as a great transition to a new you.
2. *Dress in Layers.* - Remove and add clothing as needed. (Subtle and stylish.)
3. *Cool neck Towel.* - Looks silly, feels great.
4. *Small desk Fan at work.* - Be ready to laugh at yourself with co-workers.
5. *Open window at night.* – Affects heating bills; and check with mate first.
6. *Acupressure Points.* - See other handout if interested.
7. *Acupuncture.* - Balance water/fire or the yin/yang. Ask for a referral.
8. *Homeopathy, Naturopathy, Energy Medicine.* – Ask for a referral.
9. *Limit intake of processed sugars and wine.* – These are triggers for flashes.
10. *Reduce stress.* – Easier said than done, but **WELL** worth trying with yoga, meditation, changing jobs, improving relationships, etc.
11. *Drink lots of water.* – Obvious. Always. Do a ‘Liver Cleanse’.
12. *Eat Healthy.* - Well balanced, whole grains, natural foods, include soy.
13. *Exercise often.* - Of course. But it does work.
14. *Herbal Products.* – Black Cohosh, Vitex, Evening Primrose, **Estrotone, Maca**, etc.
15. *OTC “Hormonal” Products.* – Arbonne, Estroven, Progestins.

If you have tried all of the above, and are still suffering, then you might be a good candidate for Hormonal Therapy. The regimen that is perfect for you will depend on your medical and your family history, as well as your goals of therapy. There are many contraindications and side effects that we must discuss to choose the best course of action in your particular case.

So many women are hyped up about compounding “bioidentical” hormones these days. Yes, we can use them easily, but they are also commercially available through pharmaceutical companies that are covered by your medical insurance plans.

Estradiol Products: Estrace, Climara, Vivelle, Estragel, Femring, Activella, FemHRT, Combipatch, Alora

Conjugated or Esterified Estrogen Products: Premarin, Cenestin, Femtrace, Enjuvia, Menest, Ogen

Progesterone Products: Prometrium, Aygestin, Provera,

Testosterone Products: Estratest, Methyltestosterone, Testosterone, DHEA

Remember, this is not an exact science. Please have patience. I hope this handout helps you with understanding and treating this issue. If you have any further questions or problems, please call me at 603-516-0000 or email me at drterri@bestgyn.com .

I am always at your service,

~ Dr. Terri Vanderlinde