

ROCK MY MEN♀PAUSE

Hot flushes & night sweats

Hot flushes and night sweats can be a common symptom of the menopause. What causes them?

The hot flush (or flash, as it's called in the US) is experienced by up to 80% of those going through the menopause, and is the most common symptom.

Often accompanied by extreme sweating (known as vasomotor symptoms), a hot flush is caused by changes in hormone levels upsetting the bit of the brain that regulates temperature.

Basically, your body thinks it is overheating even when it isn't, and things like a hot drink or alcohol, eating spicy food or sitting in the sun can exacerbate symptoms.

A night sweat is a hot flush that happens at night - the sweat is a chemical reaction that opens up the blood vessels in the skin causing a feeling of sudden heat. Sweat is released to dispel that heat.

Hot flushes usually last from three to five minutes, and vary in severity – some women find them nicely warming but around 20% are instantly drenched and scarlet in the face, which can affect work, social occasions and disrupt sleep.

They usually continue for about two years, but some women may suffer from them all their lives.

To cool your flushes



Avoid alcohol and spicy foods and cut down on caffeine.



Eat a healthy diet rich in fruit and vegetables, wholegrains, soya products and flax seed, supplemented with vitamins B and D and magnesium, which can be helpful.



Avoid clothes made from synthetics and wear loose cotton layers.



Keep rooms fairly cool by opening a window.



Invest in a fan or portable air conditioning unit.