

MENOPAUSE AND HOT FLASHES

I may get hot during the day. This is called a hot flash.



I may get hot when I sleep. This is called night sweats.



When I get hot, I may sweat.



My face may turn red.



Hot flashes can happen during the day.



Hot flashes can also happen at night.



Hot flashes can occur when it is hot out.



Hot flashes can occur even when it is cold out.



Hot flashes may only last a few minutes.



Hot flashes can happen several times a day.



I can wear thin layers of clothes to help when I get hot.



I can drink plenty of water.



I can use a fan to cool off.



I should NOT take a hot shower.



I should NOT drink too much coffee.



I should NOT eat too much spicy food.



Hot flashes can happen to all women as they go through menopause.



If I have questions, I can talk with a trusted adult like my family, staff, or doctor.

