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Don't Sweat Summer Hot Flashes

CHRISTUS Trinity Clinic Offers Tips for Women Coping with Hot Flashes During Summer Heat

MARSHALL, TX (June 15, 2017) – Summer has arrived, and that means more frequent hot flashes for menopausal women.

An estimated 75 percent of menopausal women experience hot flashes – this is a common problem for many women made worse by the intense summer heat.

According to CHRISTUS Trinity Clinic OB/GYN Joel Higgins, “Hot flashes are caused by hormonal fluctuations that occur during the menopausal transition. Fortunately, there are a variety of self-care methods as well as hormone replacement therapy options available for managing hot flashes.”

Dr. Higgins recommends these strategies for managing hot flashes:

- Keep cool. Slight increases in your body’s core temperature can trigger hot flashes so use a fan or open a window to keep air flowing; decrease the room temperature; or sip a cold drink.
- Watch what you eat and drink. Hot and spicy foods, caffeinated drinks and alcohol can trigger a hot flash.
- Relax. Yoga, meditation or other helpful relaxation techniques can provide relief
- Don’t smoke. Smoking is linked to an increase in hot flashes.
- Improve your diet. Many women find relief when they improve their diet.

If self-care methods don’t do the trick, talk to your physician about hormone replacement therapy (HRT).

“For women dealing with menopause or perimenopause symptoms, a range of prescription treatments are available to relieve symptoms and help with other common issues at this stage in life,” said Higgins. “One option is hormone replacement therapy, which has been shown to reduce symptoms and alleviate challenges for some women.”

Dr. Higgins adds that there are certain risks associated with HRT, so it's important to ask your OB/GYN provider if HRT is right for you.

The average age of women at the time of menopause is 51 years but the most common age range at which women experience menopause is 48 – 55 years. Many women also experience premature menopause, which occurs in a woman younger than 40 years.

For more information, or to schedule an appointment with Dr. Higgins, please call (903) 934-5320.

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