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rachel@maybeitsmenopausemayhem.com

WELCOME!

This info sheet is part of a menopause symptoms series created alongside my podcast Maybe it's Menopause Mayhem.

It's here to share the key headlines in a clear, easy-to-understand way — so you can feel a little more informed, a little less alone, and a lot more supported.

THE FACTS

1: They are more than just feeling hot!

As hot flush is a sudden sensation of heat, often affecting the face, neck and chest. It can also cause sweating, skin flushing, a racing heart, dizziness or chills afterwards.

2: They can vary hugely

A hot flush can last from under a minute to several minutes. Some women will only experience them occasionally, while others have them many times a day. The severity can also vary.

3. Hormones affect your internal thermostat

Changes to oestrogen during (peri)menopause can affect the part of your brain that's involved in temperature regulation. In plain english, the body can react to very small changes in temperature as though it needs to cool itself down.

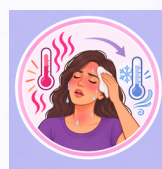
HOW IT CAN FEEL

Sudden & Intense



A wave of heat can come from nowhere, spreading quickly across your cheek, neck and face.

Hot, Sweaty & then Cold!



You may become flushed and sweaty, only to feel chilly & shivery as your body cools down afterwards.

More than heat



Some hot flushes come with a racing or pounding heart, dizziness or a feeling of anxiety.

IMPORTANT

While hot flushes are common during menopause, if your symptoms are new, unusual, severe, persistent or worrying you, speak to your healthcare provider.

TOP TIPS!

Keep your cool: Wear light, breathable layers and keep a fan or cool drink handy. Layers make it easier to adjust when a hot flush hits!

Know your triggers: Hot drinks, caffeine, alcohol, spicy foods, stress & warm environments can trigger or worsen flushes for some people.

Don't just put up with it: If hot flushes are affecting your sleep, work or everyday life speak to a healthcare professional.



THE PAGE WITH PRACTICAL GUIDANCE!

Fan-tastic - ways to keep your cool!

When a hot flush decides to turn up uninvited, having something close by to cool you down can make it a little bit more manageable. The good news is that there's options for pretty much every budget.

Rechargeable hand held fans: Small enough for your handbag or desk draw & available from inexpensive basic options to more powerful devices. Look for multiple speed settings and USB charging.

Neck fans: Love a hands-free fan - they sit around your neck & direct air upwards. Prices vary considerably & so does the intensity of the air so shop around and read the reviews.

Traditional folding fans: No charging, no batteries & no technology required! Keep one in your handbag, desk drawer or by the bed. Nice & simple... and I've seen some great designs to choose from!

Cooling face & body mists: A quick spritz (no, not Aperoll!), can give you that wonderful cool feeling during a flush! Buy one or make your own using a refillable mist bottle. And some fans come with this built-in as an extra (but they tend to have a higher price).



Sadly hot flushes can follow us to bed. They're often referred to as night-sweats & can seriously disrupt sleep. What can help?

- Lightweight, breathable nightwear & bedding
- Keep your bedroom comfortably cool
- Make sure you have water to hand
- Use a bedside fan

If you are regularly waking with soaked clothes or bedding, it's worth speaking to your healthcare provider.



When it comes to hot flushes, there's not one universal trigger. What set's off one person's flush may have absolutely not impact on someone else.

Alcohol, caffeine, spicy foods, stress are just some of the common triggers. Try noting what you were doing, eating or drinking just before a hot flush for a few weeks. You may spot a pattern that helps you manage them.

Need a tracker? Download one for free from the website resources area - find them under workplace support!

Don't suffer in silence

Fans cool you down but they don't treat the cause. If hot flushes are having a real impact on your life, ask for help

