

Hot Flash Management Guide

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Immediate Relief During a Hot Flash:

1. Slow, deep breathing - 6 breaths per minute
2. Sip cold water
3. Remove a layer of clothing
4. Use a portable fan

Common Triggers to Avoid:

- Spicy food
- Alcohol, especially red wine
- Caffeine
- Hot beverages
- Stress and anxiety
- Very warm rooms

Foods that may help reduce hot flashes:

- Soy products, flaxseeds
- Cool fruits: watermelon, cucumber
- Green tea instead of coffee