

Hot Flashes in Men

What is a hot flash?

Hot flashes are caused by a change in hormone levels. It is common for hot flashes to start as a sensation in your head, neck and upper chest, and then spread to your entire body. This can be a feeling of warmth and sweating, sometimes followed by a cold chill.

What can I do to help manage hot flashes?

These changes may help you manage your hot flashes.

- **Stay Cool**
 - ▶ Wear absorbent, cotton clothes and dress in layers. Take off a layer of clothes at the first sign of flush. **Do not** wear clothes that are tight.
 - ▶ Keep the temperature of your room at a lower setting.
 - ▶ Use cool water when you take a bath/shower.
 - ▶ Use room fans or a personal hand fan to keep air moving.

- **Watch what you eat and drink**
 - ▶ Reduce the amount of caffeine you eat or drink. Caffeine is in coffee, tea, colas and chocolate.
 - ▶ Reduce how much alcohol you drink, especially red and white wines.
 - ▶ It is best not to eat hot and spicy foods.
 - ▶ Eat lighter meals when it is hot outside.

This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.

- **Exercise**
 - ▶ Try to exercise at least 30 minutes each day.
 - ▶ Reduce your stress. You may find it helpful to use relaxation exercises, such as yoga or meditation.
- **Do not smoke**

It is important to talk with your doctor if your symptoms do not improve **and** before you use any medicines, herbal remedies and dietary supplements for your symptoms. Some supplements may change how well your other medicines and treatment work.