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**NON-HORMONAL APPROACHES  
TO REDUCE MENOPAUSAL HOT FLASHES  
OR  
WHICH THERAPIES ARE HELPFUL?  
WHICH ARE HARMFUL?  
WHICH ARE THE EQUIVALENT OF WITCHES BREW?**

Based on the Position Statement from the North American Menopause Society 2004  
And other available data

**LIFESTYLE MODIFICATIONS:**

**Lower your Core Body Temperature:** Studies show these help to prevent mild hot flashes

Use a fan  
Keep cool by dressing in layers  
Consume cool or cold food and drinks

**EXERCISE:**

Studies show physically active women have less severe symptoms compared to sedentary lifestyles. (50% decrease in number and severity of hot flashes)

Strenuous exercise that causes perspiration may trigger hot flashes (consider exercising in an air-conditioned setting?)

**RELAXATION TECHNIQUES:** Multiple small studies show efficacy

Paced respiration-slow, controlled, deep breathing  
Meditation  
Yoga

**WEIGHT REDUCTION:** No studies have been done to show if weight loss decreases symptoms.

High body mass index = more frequent and severe symptoms

**SMOKING:**

Smokers have more hot flashes than non-smokers. Stopping smoking may, in theory, lower The hot flash risk; however, no study has been done.