

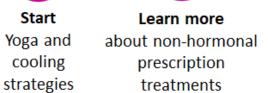
# WOMEN'S HEALTH SURVIVORSHIP CARE PLAN FOR YOUNG BREAST CANCER SURVIVORS

# TREATING HOT FLASHES

NEXT **STEPS** 



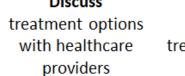




treatments







the best treatment option for you

# KEY ONLINE RESOURCES

- National Cancer Institute:
  - http://www.cancer.gov/about-cancer/treatment/sideeffects/sexuality-fertility-women/hot-flashes-pdq#section/\_27

#### WHAT ARE HOT FLASHES?

- Low estrogen levels that may cause random and sudden feelings of heat that last from a few seconds to minutes.
- Women without breast cancer experience an average of 7 years of hot flashes that start 3 years before and continue 4 years after menopause.
- About two-thirds of breast cancer survivors will have hot flashes when they are treated with chemotherapy, tamoxifen or aromatase inhibitor therapy, or after having their ovaries taken out.
- Hot flashes tend to be worse during chemotherapy or start of endocrine therapy and then stabilize or decrease slightly over time.

#### TREATMENTS FOR HOT FLASHES

Hormone-free is recommended & safe Hormone-based is NOT recommended

## STRATEGIES TO KEEP COOL!

- 1. Dress in layers and light-colored clothes
- 2. Keep your thermostat at a lower temperature
- 3. Use cooling products: hand held fans, cold packs under pillow, iced water bottles, water misters







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	BASED ON CURRENT RESEARCH	SIDE EFFECTS AND OTHER INFORMATION	
Anti- Depressants	<ul> <li>Venlafaxine, citalopram, or paroxetine reduced hot flash frequency and severity by 50% after 4 to 6 weeks.</li> </ul>	<ul> <li>Paroxetine and celexa may interfere with tamoxifen action</li> <li>Prescription medication</li> <li>Nausea, dry mouth, constipation or diarrhea, dizziness</li> <li>SSRI anti-depressants can have sexual side effects</li> </ul>	
Gabapentin & Pregabalin	<ul> <li>Gabapentin or pregabalin reduced hot flash frequency and severity by 50% after 4 to 6 weeks.</li> </ul>	<ul> <li>Prescription neurology medication</li> <li>Dizziness, increased appetite, and less pain</li> </ul>	
Clonidine	<ul> <li>Clonidine reduced hot flash frequency and severity by 40% after 4 weeks.</li> </ul>	<ul> <li>Prescription blood pressure medication</li> <li>Mouth dryness and constipation</li> </ul>	
Acupuncture	<ul> <li>Weekly or twice weekly acupuncture treatments reduced hot flash nuisance by 35%, daytime hot flash frequency by 50%, or hot flash frequency and severity by 65% after 4 to 12 weeks.</li> </ul>	Needle pain and mild bruising	
(in the second s	<ul> <li>Weekly, 50-minute hypnosis sessions reduced hot flash frequency and severity by 68% after 5 weeks.</li> </ul>	• Unknown	
Yoga	<ul> <li>Weekly, 120-minute yoga sessions reduced hot flash frequency and severity by 31% after 8 weeks.</li> </ul>	• Unknown	
iCBT	<ul> <li>Weekly, 1-hour self-managed or guided internet-based cognitive behavioral therapy (iCBT) sessions reduced on average the perceived impact of hot flashes by 33% and hot flash frequency by 25% after 6 weeks.</li> </ul>	• Unknown	

### HORMONE-FREE TREATMENTS THAT DID NOT IMPROVE HOT FLASHES



Meditation





• Weekly, 2-hour mindfulness meditation sessions reduced

hot flash bothersome symptoms by 24% after 6 weeks.







Unknown

Sertraline







