



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

TREATING HOT FLASHES

NEXT STEPS



KEY ONLINE RESOURCES

- National Cancer Institute:
 - http://www.cancer.gov/about-cancer/treatment/side-effects/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!

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



HORMONE-FREE HOT FLASH TREATMENTS THAT IMPROVE HOT FLASHES

	BASED ON CURRENT RESEARCH	SIDE EFFECTS AND OTHER INFORMATION
 Anti-Depressants	<ul style="list-style-type: none">Venlafaxine, citalopram, or paroxetine reduced hot flash frequency and severity by 50% after 4 to 6 weeks.	<ul style="list-style-type: none">Paroxetine and celexa may interfere with tamoxifen actionPrescription medicationNausea, dry mouth, constipation or diarrhea, dizzinessSSRI anti-depressants can have sexual side effects
 Gabapentin & Pregabalin	<ul style="list-style-type: none">Gabapentin or pregabalin reduced hot flash frequency and severity by 50% after 4 to 6 weeks.	<ul style="list-style-type: none">Prescription neurology medicationDizziness, increased appetite, and less pain
 Clonidine	<ul style="list-style-type: none">Clonidine reduced hot flash frequency and severity by 40% after 4 weeks.	<ul style="list-style-type: none">Prescription blood pressure medicationMouth dryness and constipation
 Acupuncture	<ul style="list-style-type: none">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.	<ul style="list-style-type: none">Needle pain and mild bruising
 Hypnosis	<ul style="list-style-type: none">Weekly, 50-minute hypnosis sessions reduced hot flash frequency and severity by 68% after 5 weeks.	<ul style="list-style-type: none">Unknown
 Yoga	<ul style="list-style-type: none">Weekly, 120-minute yoga sessions reduced hot flash frequency and severity by 31% after 8 weeks.	<ul style="list-style-type: none">Unknown
 iCBT	<ul style="list-style-type: none">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.	<ul style="list-style-type: none">Unknown
 Meditation	<ul style="list-style-type: none">Weekly, 2-hour mindfulness meditation sessions reduced hot flash bothersome symptoms by 24% after 6 weeks.	<ul style="list-style-type: none">Unknown

HORMONE-FREE TREATMENTS THAT DID NOT IMPROVE HOT FLASHES



Black Cohosh



Exercise:
Aerobic &
Strength
Training



Soy &
Phyto-
estrogens



Vitamin E



Fluoxetine



Sertraline



Bupropion



Actheane®