

Hot Flashes And Summer: Tips For Beating The Heat

(NAPSA)—After a long, cold winter, most women look forward to the warm days of summer and enjoying some fun in the sun. But if you're among the approximately 75 percent of postmenopausal women who suffer from the symptoms of hot flashes,¹ then the added heat of summertime may be too much of a good thing, leaving you desperate to find relief.

Hot flashes, which are sudden feelings of warmth over areas such as the face, neck and chest, can occur a few times a week or several times a day.² And since hot weather tends to be a common hot flash trigger,³ these sudden feelings of warmth can be exacerbated. Fortunately, there are a variety of self-care methods that women can turn to for relief. William Koltun, MD, Medical Director for the Medical Center for Clinical Research in San Diego, CA, has some helpful tips for managing hot flashes in the intense summer heat:

- **Keep cool.** Slight increases in your body's core temperature can trigger hot flashes. Dress in layers so that they can be removed when feeling warm; use a fan or open a window to keep air flowing; decrease the room temperature; or sip a cold drink.²

- **Watch what you eat and drink.** Hot and spicy foods, caffeinated drinks and alcohol can trigger a hot flash.²

- **Relax.** Yoga, meditation or other helpful relaxation techniques can provide relief.²

- **Don't smoke.** Smoking is linked to an increase in hot flashes.²

- **Improve your diet.** Many women find relief when they improve their diet.³

If self-care methods don't do the trick, you and your physician can explore treatment options. Prescription estrogens continue to be the most effective option for relieving the discomfort of hot flashes and night sweats associated with menopause.¹ Your doctor may prescribe a bioidentical⁴ and FDA-approved estradiol gel, such as Divigel® (estradiol gel) 0.1%, that can be applied to the skin. Due to certain risk factors, estrogen therapy should be used at the lowest dose for the shortest time possible to treat symptoms. For more information about hot flashes, talk to your doctor, and visit www.divigel.com to learn more about this treatment.

Divigel® is indicated for the treatment of moderate to severe hot flashes associated with menopause.

Important Safety Information

The following are not all the possible risks for Divigel®. Please read the full Patient Information leaflet and talk to your healthcare provider.

Estrogens increase the chance of getting cancer of the uterus. Report any unusual vaginal bleeding right away while you are taking estrogens. Vaginal bleeding after menopause may be a warning sign of cancer of the uterus (womb). Your healthcare provider should check any un-



Dr. William Koltun, Medical Director for the Medical Center for Clinical Research in San Diego, CA.

usual vaginal bleeding to find out the cause. In general, the addition of a progestin is recommended for women with a uterus to reduce the chance of getting cancer of the uterus.

Do not use estrogens, with or without progestins, to prevent heart disease, heart attacks or strokes. Using estrogens, with or without progestins, may increase your chance of getting heart attacks, strokes, breast cancer, and blood clots.

Do not use estrogens, with or without progestins, to prevent dementia. Using estrogens, with or without progestins, may increase your risk of dementia.

Do not use estrogen products, including Divigel®, if you have unusual vaginal bleeding, currently have or have had certain cancers, had a stroke or heart attack in the past year, currently have or have had blood clots, currently have or have had liver problems, are allergic to any Divigel® ingredients, or think you may be pregnant.

The most common side effects for all estrogen products are headache, breast pain, irregular vaginal bleeding or spotting, stomach/abdominal cramps and bloating, nausea and vomiting, and hair loss. The less common but serious side effects include breast cancer, cancer of the uterus, stroke, heart attack, blood clots, dementia, gallbladder disease, and ovarian cancer.

In Divigel® clinical trials, the most common side effects were inflammation of the nasal passages and pharynx, upper respiratory tract infection, vaginal yeast infection, breast tenderness and vaginal bleeding. Call your healthcare provider right away if you have any symptoms that concern you.

Estrogen products should be used at the lowest dose possible for your treatment and only as long as needed. You and your healthcare provider should talk regularly about whether you still need treatment with Divigel®.

For more information, call 1-(800) 654-2299.

Please see Patient Information, including Boxed Warning, at www.divigel.com.

Divigel® is marketed in the U.S. by Upsher-Smith Laboratories, Inc.

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References:

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