

Video Script - What Causes Hot Flashes in Menopause?

Hi, I'm [insert your name here] and I'm a [insert what you do as a coach here].

Today, I'm going to talk a little bit about what causes hot flashes in menopause.

Hot flashes are super common during menopause and depending on how severe they are, they can be *very* distressing.

That sudden feeling of intense heat can be really uncomfortable and if it's also accompanied by excessive sweating and blushing, it can also hugely embarrassing. Especially if it happens in public!

And sometimes, you might feel really unwell when a hot flash strikes. Some women feel nauseous or dizzy, for example. A lot of women also experience hot flashes during the night too, which can have a big impact on your sleep.

So, there are lots of reasons why you might want to know more about what causes hot flashes.

Some women only get hot flashes every now and again but it's also pretty common for them to happen multiple times in an average day.

There can be a few different factors involved in causing hot flashes.

Firstly, there are the hormonal changes that happen during menopause. It's thought that falling estrogen levels affect the hypothalamus, the part of the brain that controls body temperature.

This makes it super hard for the body to sense what your body temperature really is and it can fool the brain into thinking that you need to cool down.

More blood moves to the surface of your skin and your sweat glands up their activity. This is why so many women experience intense blushing and sweating during hot flashes.

Sometimes, your environment will play a big part in hot flashes. Going from an environment that is pretty warm to one that is much cooler (or the other way around) can trigger them. A lot of women choose to wear thin layers of clothing that they can easily remove to counteract this.

Stress and anxiety can make hot flashes worse so you'll definitely want to work on managing your stress levels if you're experiencing hot flashes during menopause.

Although they don't actually cause hot flashes, a few other lifestyle factors that can contribute to hot flashes are smoking, low blood sugar levels (especially if you're skipping

meals), constipation and dehydration (which can be a problem if you're sweating a lot with hot flashes).

I hope you've found this useful! If you have any questions about the causes of hot flashes that I've not covered here, hit me up in the comments or ask away on [\[Instagram/Facebook/Twitter etc\]](#).