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## Hot Flashes

Posted by Debby - 2007/03/21 11:59

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I know that some of you watch The View and may have heard Joy Behar talk repeatedly about her hot flashes and night sweats. Although she doesn't discuss her age, all reports indicate her age as 63 or older.

I thought menopause was when your body is adjusting from the female hormone leaving it. Once the adjustment is made, you settle down. How can a person in her 60's still be going through an adjustment? Doesn't menopause start and wrap up by 55?

My mother has complained of menopause symptoms from the time she was in her 30's up and until today and my mom is 65. I just thought she was exaggerating, besides she supposedly had a hysterectomy in her late 30..perhaps they left her ovaries.

How long does this take? 15 years of hot flashes and night sweats sounds a little too much. Is this normal?

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## Re:Hot Flashes

Posted by ceilidh - 2007/03/21 13:53

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Debby....I have been having them for seven years now, and no end in sight! My sister has had them for twelve , and recently talked to a woman in her seventies who still gets them occasionally!!  
What "pause?" :P I think they had it right in the old days, calling it the "change" of life...much more accurate!

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## Re:Hot Flashes

Posted by Debby - 2007/03/21 16:36

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Oh my. This is not good news. Let's hope they come up with something to help. I know estrogen has been proven to have considerable risks.

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## Re:Hot Flashes

Posted by ceilidh - 2007/03/21 17:16

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Believe it or not, you get used to it! However, hot flashes are not the only problem! I can't wear certain fabrics any more, have to remove all "neckline tags" as they irritate my skin now...and have developed allergies to most cleaning agents and perfumes!

I have found that drinking lots of water helps...but don't know if that would work for everyone. I also wear sleeveless nightgowns, all year round, turtle necks are long gone, replaced by Vs. The heat, at least for me, seems to be concentrated in the head / neck area. Keeping that as cool as possible makes a big difference.

I have known women who only get occasional "flashes" though, so maybe you will be one of the lucky ones, Debby!

:)

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## Re:Hot Flashes

Posted by Debby - 2007/03/22 11:57

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I do too. I sleep in a sweat shirt and sweat pants in the winter, but, I keep my thermostate low to save energy. I have seen how it effects others though. I hope I am spared.

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## Re:Hot Flashes

Posted by grizzlys4 - 2007/03/22 20:52

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Me too Debby!! I hope I don't go into early menopause!! I sure love snuggly warm jammies and my electric blanket at night!!

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## Re:Hot Flashes

Posted by mazzy - 2007/03/24 18:51

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LOL... hot flashes are fun... LOL.

I think it's different for each woman... sometimes the hot flashes seem to be more frequent. I've been lucky... I guess... I just get them at night. Sometimes I wake up from a sound sleep... that's fun.

A woman I worked with got them during the day... I was never aware of what a hot flash was at the time... her face had a dewy look... her eye glasses fogged up... she was on an estrogen patch.

I'm not taking anything... I'm willing to just live with it... it's really not interfering with my quality of life...

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## Re:Hot Flashes

Posted by ceilidh - 2007/03/24 21:50

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Mazzy...I don't take anything either, too risky. The "night flashes" bother me the most...have enough trouble sleeping as it is! It used to be a little embarrassing to have a melt down, complete with bright red cheeks in stores, though! Nowadays, I just announce it..."whew, hot flash!" Women around my age just give me a knowing and sympathetic smile, but the younger ones look petrified! LOL! :P

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## Re:Hot Flashes

Posted by KPW1956 - 2007/03/25 00:39

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I think I've been born with a lucky set of genes.. The lady folk in my family have never mentioned any problems.. Maybe they forgot!

But I did ask a bit... I think I've had a few ... but they felt more like a fever coming on... I thought I was getting sick.. Didn't even break out in a sweat.. I have a friend though who has to take a couple showers a day because she breaks out in a soaking sweat...

I don't think the estrogen patch or HRT is necessary for everyone..but for a few who might have really horrible hot flashes or other symptoms very well might need them.

I'm thankful my mom and her 3 sisters never had problems! My 2 older sisters haven't either! So in my case, I'm lucky to have great genes regarding menapausal issues... They are however, chunky genes! :S :S :(

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## Re:Hot Flashes

Posted by ceilidh - 2007/03/25 14:31

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K...love that, "chunky genes!!!" :P Me too, but according to some that may be a bonus come mentalpause....fat cells store estrogen!

All in all, it's more of an inconvenience for me than a "misery."

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