



HOT FLASHES AND NIGHT SWEATS

Vasomotor symptoms (hot flashes and night sweats) occur due to a narrowing of the thermoregulatory "neutral zone" in the hypothalamus, caused by the fluctuation and decline of estradiol. This dysregulation causes minor temperature variations to trigger exaggerated bodily responses, such as vasodilation and sweating. Furthermore, vasomotor symptoms reflect a state of autonomic dysfunction and inflammation, and are associated with increased cardiovascular risk, insulin resistance, and severe sleep disorders.

COMMON SYMPTOMS

- Sudden sensation of intense heat (hot flashes) in the face, neck, and chest
- Excessive night sweats and frequent awakenings
- Sleep disturbances, insomnia, and daytime fatigue
- Palpitations, anxiety, irritability, and brain fog

UNDERSTAND THE IMPACT OF
HORMONAL FLUCTUATIONS ON
THERMOREGULATION.

