

# HOT STUFF: Fast Facts About Menopause

*Feeling the heat? You're not alone. Many women have hot flashes or night sweats before, during, and after menopause.*



## Up to 75% of all women will have hot flashes

- 1** Some women have hot flashes for more than 11 years.
- 2** Smoking can raise your chances for hot flashes.
- 3** One-third of women say their hot flashes happen often or are severe.
- 4** The average age of menopause in the United States is 51.
- 5** Hot flashes can last up to 5 minutes.
- 6** Nighttime hot flashes are called night sweats.
- 7** Hot flashes can be triggered by spicy foods, alcohol, and caffeine.
- 8** African American women and Hispanic women tend to have hot flashes for more years than white women and Asian women.

Reviewed by Brunilda Nazario, MD on January 25, 2024

SOURCES: Johns Hopkins Medicine: "Introduction to Menopause." Mayo Clinic: "Hot Flashes," "Menopause." National Institute on Aging: "Hot Flashes: What Can I Do?" UpToDate: "Menopausal Hot Flashes." Stroke: "Menopausal Hot Flashes and Carotid Intima Media Thickness Among Midlife Women."