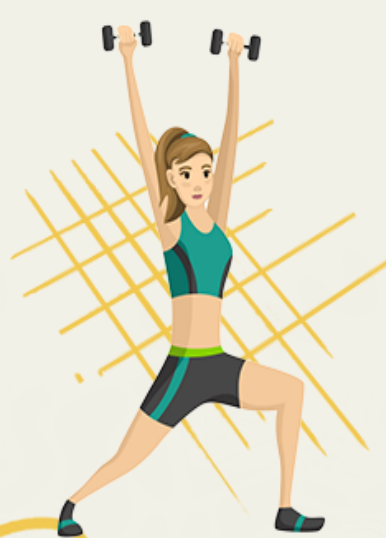


Lifestyle Changes To Cure Hot Flashes In Teens



Avoid extreme exercise and weight loss

Treat thyroid abnormalities



Learn to manage nervousness in various situations

Stay away from allergens



Dress in weather-appropriate clothing

Maintain healthy body weight



Avoid exposure to tobacco smoke and narcotics

Reference

1. Hot Flashes: What Can I Do?; NIH