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In: DeLee, Drez, and Miller's Orthopaedic Sports Medicine: Principles and Practice. 5th ed. Elsevier; 2020. . Accessed Jan. 20, 2025.Knee pain. Merck Manual Professional Version. . Accessed Jan. 21, 2025. Changing hormone levels before, during and after menopause are the most common causes of hot flashes. It's not clear how hormonal changes cause hot flashes.But most research suggests that hot flashes happen when lower estrogen levels cause the body's heat manager, also called the hypothalamus, to respond to slight changes in body temperature. When the hypothalamus thinks the body is too warm, it starts a chain of events in the form of a hot flash to cool down.Rarely, something other than menopause causes hot flashes and nights sweats. Other causes may include medicine side effects, problems with the thyroid, some cancers and side effects of cancer treatment. Kliegman RM, et al. Nelson Textbook of Pediatrics. 21st ed. Elsevier; 2020. . Accessed Feb. 7, 2022.Bennett JE, et al. 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Accessed Feb. 9, 2022.When and how to wash your hands. U.S. Center for Disease Control and Prevention. . Accessed Feb. 9, 2022.How to protect yourself & others. U.S. Centers for Disease Control and Prevention. . Accessed Feb. 9, 2022.AskMayoExpert. Infant fever (age 60 days or younger). Mayo Clinic; 2020.AskMayoExpert. Fever of unknown origin. Mayo Clinic; 2021. Estrogen is the main hormone healthcare professionals prescribe to ease hot flashes. Most people who have had their uteruses removed, called a hysterectomy, can take estrogen alone. But those who still have a uterus most often need to take progesterone with estrogen. This is to protect against cancer of the lining of the uterus, called endometrial cancer.Guidelines suggest using the smallest dose of estrogens that manages symptoms. How long you use the treatment depends on how well hormone therapy works for you and your risks. The goal is to give you the best quality of life.Some people who take progesterone with estrogen therapy have side effects from the progesterone. For people who can't take progesterone by mouth, a mixed medicine of bazedoxifene with conjugated estrogens (Duavee) also can treat menopausal symptoms.Like progesterone, taking bazedoxifene with estrogen may keep you from the higher risk of endometrial cancer that you can get from estrogen alone. Bazedoxifene also might protect your bones.If you have had or are at risk of breast or endometrial cancer, heart disease, stroke or blood clots, talk with your healthcare professional about whether you can take estrogen therapy. AskMayoExpert. Miliaria (child). Mayo Clinic; 2021.Miliaria. American Osteopathic College of Dermatology. . Accessed Jan. 19, 2022.Kelly AP, et al., eds. Pediatrics. In: Taylor and Kelly's Dermatology for Skin of Color. 2nd ed. McGraw Hill; 2016.Miliaria. Merck Manual Professional Version. . 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