



When Hot Flashes Meet Summer Heat: Tips To Help Keep You Cool

(NAPSA)—If you're among the nearly 75 percent of menopausal women who suffer from hot flashes,¹ it can be tough to enjoy the sunny weather worrying about a sudden hot flash in summertime. And since hot weather tends to be a common hot flash trigger,² these sudden feelings of warmth can be exacerbated. But, with just a little planning and preparation you can get on the right track to an enjoyable summer.

Here are some tips that can help temper those seasonal hot flashes:

• **Learn your hot flash triggers.** Every woman can learn how to help stay cool by paying attention to her own individual triggers. Keeping a journal to record your findings can help identify underlying triggers.²

• **Layer, layer!** Dress in layers so that they can be removed when feeling warm; use a fan or open a



To fight hot flashes, use a fan or open a window to keep air flowing; decrease the room temperature.

window to keep air flowing; decrease the room temperature; or sip a cold drink.³

• **Say yes to the cool pool and no to the hot tubs.** Both hot tubs and saunas can cause your body temperature to rise and trigger a hot flash. It's best to avoid these if you're sensitive.²

• **Watch what you eat and drink.** Hot and spicy foods, caffeinated drinks and alcohol can trigger a hot flash.³

• **Relax.** Yoga, meditation or other helpful relaxation techniques may provide some relief.³

• **Don't smoke.** Smoking is linked to an increase in hot flashes.³

• **Improve your diet.** Some women may find relief if they improve their diet.²

• **Hormone therapy.** Prescription estrogen continues to be the most effective option for relieving the discomfort of hot flashes and night sweats associated with menopause.¹ The FDA recommends the lowest effective dose with any estrogen therapy for the shortest amount of time to achieve personal treatment goals.⁴

When simple lifestyle changes aren't enough to control hot flashes, you and your physician

may decide to explore hormone therapy treatment options. Your physician may prescribe Divigel®, a bioidentical⁵, transdermal estrogen gel with the lowest FDA-approved dose of transdermal estradiol gel or spray (0.25 mg/day estradiol) for hot flashes.⁶⁻⁹ Divigel® is used to treat moderate to severe hot flashes due to menopause. Generally, women should be started at 0.25 mg/day of Divigel®.

For patients who are prescribed Divigel®, saving money is easy and just a few clicks away at divigel.com. Patients can print the Patient Savings Coupon, bring it to their local pharmacy, and pay no more than \$25 on their Divigel® co-pay amount. The Patient Savings Coupon is for eligible patients only and limited to a maximum savings of \$25 each on four Divigel® prescriptions. Offer expires on December 31, 2013.

Divigel® (estradiol gel) 0.1% is indicated for the treatment of moderate to severe hot flashes due to menopause.

Important Safety Information for Patients

What is the most important information I should know about Divigel® (an estrogen hormone)?

- Using estrogen-alone increases your chance of getting cancer of the uterus (womb). Report any unusual vaginal bleeding right away while you are using Divigel®. Vaginal bleeding after menopause may be a warning sign of cancer of the uterus (womb). Your healthcare provider should check any unusual bleeding to find out the cause.
- Do not use estrogen-alone to prevent heart disease, heart attacks, strokes or dementia (decline of brain function)
- Using estrogen-alone may increase your chances of getting strokes or blood clots
- Using estrogen-alone may increase your chance of getting dementia, based on a study of women 65 years of age or older
- Do not use estrogens with progestins to prevent heart disease, heart attacks, strokes or dementia
- Using estrogens with progestins may increase your chances of getting heart attacks, strokes, breast cancer, or blood clots
- Using estrogens with progestins may increase your chance of getting dementia, based on a study of women 65 years of age or older
- You and your healthcare provider should talk regularly about whether you still need treatment with Divigel®

Divigel® should not be used if you have unusual vaginal bleeding, currently have or have had certain cancers, including cancer of the breast or uterus, had a stroke or heart attack; currently have or have had blood clots, currently have or have had liver problems, have been diagnosed with a bleeding disorder, are allergic to Divigel® or any of its ingredients, or think you may be pregnant.

Tell your healthcare provider about all of your medical problems and the medicines you take, if you are going to have surgery or will be on bedrest, and if you are breastfeeding.

Call your healthcare provider right away if you get any of the following symptoms: new breast lumps, unusual vaginal bleeding, changes in vision or speech, sudden new severe headaches, or severe pains in your chest or legs with or without shortness of breath, weakness and fatigue.

Common side effects that may occur with Divigel® include headache; breast pain; irregular vaginal bleeding or spotting; stomach or abdominal cramps, bloating; nausea and vomiting; hair loss; fluid retention and vaginal yeast infection.

Serious but less common side effects include heart attack, stroke, blood clots, dementia, breast cancer, cancer of the uterus, ovarian cancer, high blood pressure, high blood sugar, gallbladder disease, liver problems, and enlargement of benign uterus tumors ("fibroids").

Alcohol-based gels are flammable. Avoid fire, flame or smoking until the gel has dried.

Please see Patient Information for Divigel® at www.divigel.com and talk to your healthcare provider. For more information, call 1-888-650-3789 or visit www.divigel.com.

You are encouraged to report negative side effects to Upsher-Smith Laboratories, Inc. at 1-855-899-9180, or to the FDA by visiting www.fda.gov/medwatch or calling 1-800-FDA-1088.

For more information about hot flashes, talk to your doctor, and visit www.divigel.com to learn more about this treatment.

Divigel® is marketed in the U.S. by Upsher-Smith Laboratories, Inc.

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References

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