



Harley Street at Home

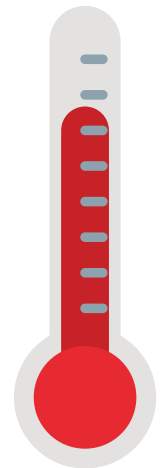
Menopause

Developments in Hot Flush Treatment

Hot flushes: Sensation of intense heat through your body, which is a 0.1-0.3 degrees celcius increase in core body temperature

You Aren't Alone!

- 70% of women experience hot flushes
- 10% describe them as intolerable
- The average duration is 7.4 years



Neurokinin 3 Receptor Antagonists

- The neurokinin 3 receptor (NK₃R) has proven important in hot flush development
- It's suggested an oral NK₃R antagonist (which blocks the receptor) may help reduce hot flush frequency and severity
- Studies are showing positive results
- NK₃R antagonists are suggested to be almost as effective as HRT in reducing symptoms (HRT reduces this by 80% and NK₃R antagonists by 75%)
- NK₃R antagonists seem to be safe and well tolerated
- They aren't being used in clinical practice yet