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## Hot Flashes and Sweating

Sweating, night sweats, and hot flashes can be side effects of cancer and its treatment. It's important to know why they might happen and what can help to relieve them.

### What Are Hot Flashes and Sweating?

Get information about what to expect if your treatment might cause sweating or hot flashes.

### Managing Hot Flashes and Sweating

Learn what you can do to help manage and cope with hot flashes and sweating.

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## What Are Hot Flashes and Sweating?

In people with cancer, certain conditions and medications can cause sweating, hot flashes, or night sweats. They happen when your body tries to lower its temperature. They can happen even when the area around you or the room you're in is cool.

- **Sweating** is also known as perspiring. Sweat, or perspiration, is the fluid created by the sweat glands in the body when heat is given off through skin.
- **Hot flashes** can cause sweating which can range from mild to excessive. Sometimes these are called hot flushes.
- **Night sweats** are sweating and hot flashes that mostly happen when you're sleeping.
- [Sweating](#)



- Chilling or shaking chills
- Drenching sweats even when there's no fever or the area around you doesn't seem overly hot.

## Hyperlinks

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## Managing Hot Flashes and Sweating



- Talk to your doctor before trying any over-the-counter medicine, or any vitamin, mineral, or nutritional supplement that you think might help.
- Talk to your doctor if your antiperspirant or deodorant is not working well.
- Track episodes of sweating and hot flashes.
- If your sweating is from fevers, take and track your temperature as instructed.
- Dress in 2 layers of clothing in cooler temperatures. The layer on the inside will act as a wick to pull moisture up and away from the skin. The layers on the outside can be removed as needed.
- Change wet clothes and bed linens as soon as you can.
- Take good care of your skin and use good personal hygiene. For example, if you're sweating a lot, bathe or shower at least once a day and put on a moisturizer as needed to soothe your skin and for good hygiene.

## **What caregivers can do**

2. [www.cancer.org/cancer/managing-cancer/side-effects/infections/fever.html](http://www.cancer.org/cancer/managing-cancer/side-effects/infections/fever.html)

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Last Revised: May 17, 2023

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