



National
Defence

Défense
nationale

CANADIAN JOINT FORCES COMMAND

CANADIAN FORCES HEALTH SERVICES



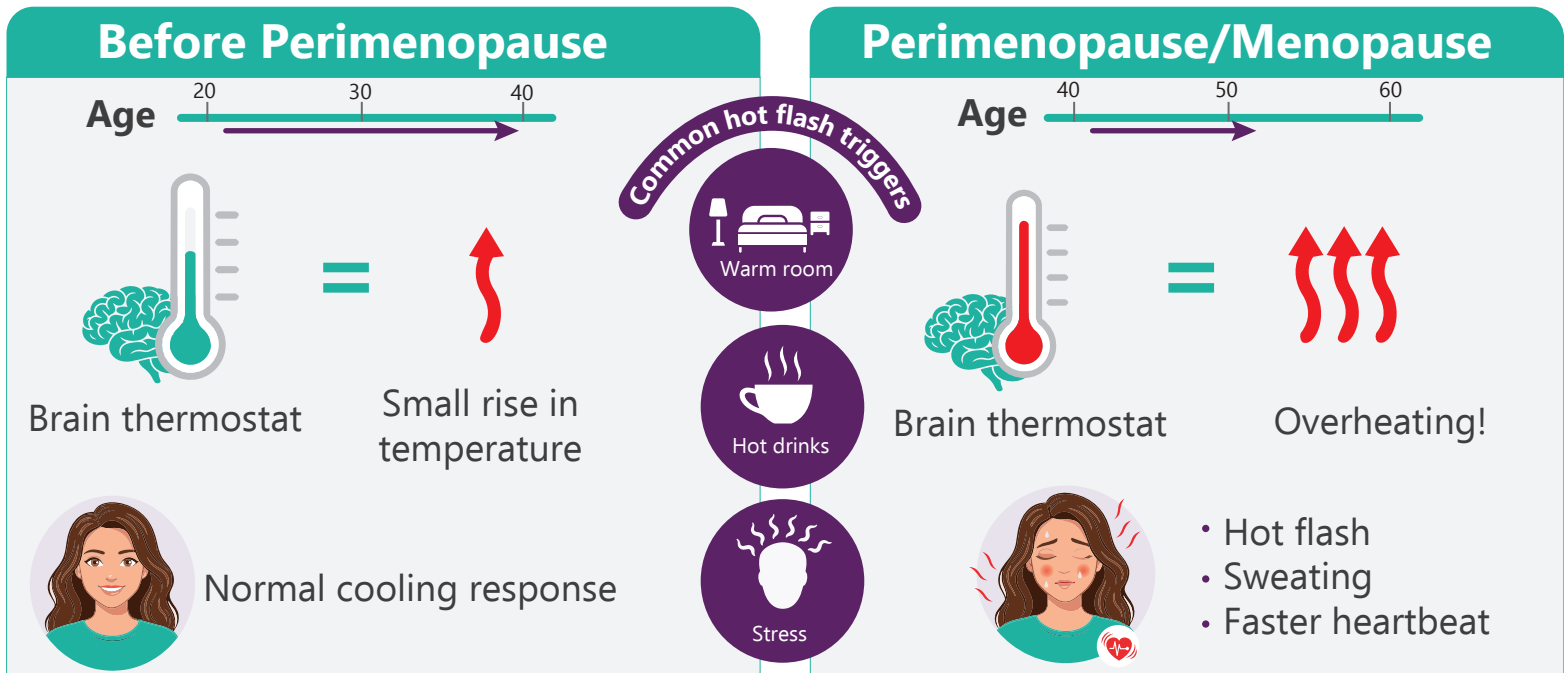
COMMANDEMENT DE FORCES INTERARMÉES DU CANADA

SERVICES DE SANTÉ DES FORCES CANADIENNES

Why was I prescribed an antidepressant for hot flashes?



How menopause changes your brain's thermostat



How do antidepressants help?

Certain antidepressants can also treat hot flashes by calming the brain's thermostat.



They DO

- ✓ Reduce hot flashes
- ✓ Reduce night sweats
- ✓ Provide a non-hormonal treatment option

They DON'T

- ✗ Replace estrogen
- ✗ Reverse menopause
- ✗ Mean you're depressed



Women and Diversity Health
Santé des femmes et de la diversité

Learn more:

[Women and Diversity Health Guide to Menopause](#)

Canada