

Is it **hot** in here or is it just **you**?

What you need to know about your internal infernos.

VMS

(Vasomotor Symptoms)

is the medical term for the **hot flashes and night sweats** associated with menopause.

Up to
80%

of women will experience it. But no one's really talking about it. **Until now.**



WhatsVMS.com

Hot flashes & night sweats

- **Hot flashes** are sudden and intense sensations of heat in your face, neck, and chest, and may be accompanied by sweating, reddening of the skin, chills, and rapid heartbeat
- Last for **varying lengths of time**
- **Night sweats** are hot flashes that happen while you're sleeping

HOT FLASHES ARE CATEGORIZED
BY SEVERITY:

Mild

You're hot, but at least you're not sweating.

Moderate

You're hot and starting to sweat, but you can keep going.

Severe

When you're so hot and sweaty, you literally have to stop what you're doing.

The **Fiery Facts** About VMS

anytime
365
anywhere

VMS can **impact many aspects of your life** including sleep, concentration, work, and relationships.

starts as
early as age
40

VMS can start **as early as age 40.**

for more than
10
years

While VMS **can last for 7.4 years**, some women experience it for more than 10 years.

33
per week

Women can experience **33 hot flashes and night sweats** per week, based on a UK study.

2-4
years
longer

VMS affects a **higher % of African American and Hispanic women** and can last 2 to 4 years longer for them, compared with White women.

See how VMS starts the fire inside you



Scan the code to [take the video tour](#) with the Goddess of Fire.



Is VMS messing with more than just your internal infernos?

You're not alone. Here's the percentage of women who say VMS has **negatively impacted** different aspects of their lives:



Sleep

82%



Mood

69%



Focus

69%



Energy

63%



Leisure

48%



Work

46%



Social

44%



Sexual Activity

41%

