Uderzenia gorąca i nocne poty – bibliografia

1. Guidelines/recommendations, Rekomendacje Polskiego Towarzystwa Menopauzy i Andropauzy dotyczące stosowania lokalnej terapii hormonalnej u kobiet w okresie menopauzy, Włodzimierz Baranowski,Romuald Dębski,Tomasz Paszkowski,Tomasz Pertyński,Tomasz Rechberger,Grzegorz Stachowiak, Przegląd Menopauzalny 2019; 18 (1). DOI:htyps://doi.org/10.5114/pm.2019.84150
2. Cobin RH, Goodman NF; AACE Reproductive Endocrinology Scientific Committee. American Association of Clinical Endocrinologists and American College of Endocrinology position statement on menopause-2017 update. Endocr Pract. 2017 Jul;23(7):869-880. doi: 10.4158/EP171828.PS. Erratum in: Endocr Pract. 2017 Dec;23 (12 ):1488. PMID: 28703650.
3. Maturitas. 2015 Sep; 82(1): 123–127.Published online 2015 Jun 22. doi: 10.1016/j.maturitas.2015.06.029, Does quitting smoking decrease the risk of midlife hot flashes? A longitudinal analysis, Rebecca L. Smith, DVM, MS, PhD,a,\* Jodi A. Flaws, PhD,b and Lisa Gallicchio, PhDc
4. Phthalate metabolite levels and menopausal hot flashes in midlife women, Ayelet Ziv-Gal,a Lisa Gallicchio,b Catheryne Chiang,a Sara N. Ther,a Susan R. Miller,c Howard A. Zacur,c Russell L. Dills,d and Jodi A. Flawsa,\* Reprod Toxicol. 2016 Apr; 60: 76–81., Published online 2016 Feb 8. doi: 10.1016/j.reprotox.2016.02.001
5. <https://echa.europa.eu/pl/information-on-chemicals/candidate-list-substances-in-articles-table>
6. The NAMS 2017 Hormone Therapy Position Statement Advisory Panel. The 2017 hormone therapy position statement of The North American Menopause Society. Menopause. 2017 Jul;24(7):728-753. doi: 10.1097/GME.0000000000000921. PMID: 28650869.
7. Woods NF, Utian W. Quality of life, menopause, and hormone therapy: an update and recommendations for future research. Menopause. 2018 Jul;25(7):713-720. doi: 10.1097/GME.0000000000001114. PMID: 29933353.
8. Mauvais-Jarvis F, Clegg DJ, Hevener AL. The role of estrogens in control of energy balance and glucose homeostasis. Endocr Rev. 2013 Jun;34(3):309-38. doi: 10.1210/er.2012-1055. Epub 2013 Mar 4. PMID: 23460719; PMCID: PMC3660717.
9. Johnson A, Roberts L, Elkins G. Complementary and Alternative Medicine for Menopause. J Evid Based Integr Med. 2019 Jan-Dec;24:2515690X19829380. doi: 10.1177/2515690X19829380. PMID: 30868921; PMCID: PMC6419242.
10. Freeman EW. Hot flushes and the menopause: how long should they be expected to last? Maturitas. 2014 Jul;78(3):153-4. doi: 10.1016/j.maturitas.2014.04.010. Epub 2014 Apr 20. PMID: 24803416.
11. Chen MN, Lin CC, Liu CF. Efficacy of phytoestrogens for menopausal symptoms: a meta-analysis and systematic review. Climacteric. 2015 Apr;18(2):260-9. doi: 10.3109/13697137.2014.966241. Epub 2014 Dec 1. PMID: 25263312; PMCID: PMC4389700.
12. Mallhi TH, Khan YH, Khan AH, Mahmood Q, Khalid SH, Saleem M. Managing Hot Flushes in Menopausal Women: A Review. J Coll Physicians Surg Pak. 2018 Jun;28(6):460-465. doi: 10.29271/jcpsp.2018.06.460. PMID: 29848424.
13. Rossmanith WG, Ruebberdt W. What causes hot flushes? The neuroendocrine origin of vasomotor symptoms in the menopause. Gynecol Endocrinol. 2009 May;25(5):303-14. doi: 10.1080/09513590802632514. PMID: 19903037.
14. Franco OH, Chowdhury R, Troup J, Voortman T, Kunutsor S, Kavousi M, Oliver-Williams C, Muka T. Use of Plant-Based Therapies and Menopausal Symptoms: A Systematic Review and Meta-analysis. JAMA. 2016 Jun 21;315(23):2554-63. doi: 10.1001/jama.2016.8012. PMID: 27327802.
15. Stubbs C, Mattingly L, Crawford SA, Wickersham EA, Brockhaus JL, McCarthy LH. Do SSRIs and SNRIs reduce the frequency and/or severity of hot flashes in menopausal women. J Okla State Med Assoc. 2017 May;110(5):272-274. PMID: 28649145; PMCID: PMC5482277.
16. Bonanni E, Schirru A, Di Perri MC, Bonuccelli U, Maestri M. Insomnia and hot flashes. Maturitas. 2019 Aug;126:51-54. doi: 10.1016/j.maturitas.2019.05.001. Epub 2019 May 14. PMID: 31239118.
17. Ziv-Gal A, Flaws JA. Factors that may influence the experience of hot flushes by healthy middle-aged women. J Womens Health (Larchmt). 2010 Oct;19(10):1905-14. doi: 10.1089/jwh.2009.1852. PMID: 20831431; PMCID: PMC2965699.