



Cascade Women's Health
PHYSICIANS AND SURGEONS

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PACED-BREATHING

Paced-breathing is a way of controlling your breathing by paying attention to it. Many studies have found this technique helpful in decreasing how often hot flashes come on and how bad your hot flashes are. Paced-breathing can be used in addition to all other ways of managing your hot flashes such as exercise, drinking cool fluids, avoiding alcohol or even the use of low-dose estrogen therapy.

Many women have noticed more or worse hot flashes at times of stress or excitement. Try paced-breathing at these times too.

Paced-breathing instructions:

1. You notice a hot flash coming on.
2. If it's ok to do so, start to pay more attention to your breathing than to what is around you.
3. Slow your breath down.
4. Breathe deeply filling your entire chest.
5. Feel your belly expand and your stomach muscles relax.
6. While continuing this way of breathing, imagine the heat you feel in your chest, neck and face is moving slowly down your body, into your feet and out into the ground.
7. Repeat until the hot flash finishes.

Please ask your health care provider if you have any questions about paced-breathing or any other concerns.