

**Chapter 1 : The Facts About Eye Floaters and Flashes - Vision Center - Everyday Health**

*Excerpted from "Flashes in the River: The Flyfishing Images of Arthur Shilstone and Ed Gray" (Willow Creek Press, April , pages). This article is filed under Books with sub-topics Alaska. Bookmark the permalink.*

A hot flash is a brief feeling of intense warmth and sweating. Hot flashes commonly occur in women around the time of menopause. Researchers do not know exactly what causes hot flashes. This drop affects the hypothalamus, an area of the brain that regulates body temperature. In a hot flash, the hypothalamus seems to sense that your body is too hot even when it is not, and tells the body to release the excess heat. One way the body does this is to widen dilate blood vessels, particularly those near the skin of the head, face, neck and chest. Once the blood vessels return to normal size, you feel cool again. Menopause usually occurs around age 51, but hot flashes can begin as early as 2 to 3 years before the last menstrual period. Hot flashes can last for 6 months to as long as 15 years after the final period. The average is two years. Some women have only a few episodes a year, while others have as many as 20 episodes a day. Hot flashes occur in women who experience natural menopause, as well as in women who undergo menopause because their ovaries have been removed surgically or because they take medications that lower estrogen levels. These medications include gonadotropin-releasing hormone agonists, such as leuprolide Lupron or danazol Danocrine that lower estrogen levels. Although hot flashes usually are considered a female problem, men can have hot flashes if their levels of the male sex hormone testosterone drop suddenly and dramatically. Symptoms that mimic hot flashes can occur in both men and women who have a tumor of the hypothalamus or pituitary gland, certain serious infections such as tuberculosis or HIV, alcoholism or thyroid disorders. Symptoms that are similar to hot flashes also can be a side effect of the food additive monosodium glutamate MSG , or of certain medications, particularly nitroglycerin sold under many brand names , nifedipine Procardia , Adalat , niacin numerous brand names , vancomycin Vancocin and calcitonin Calcimar, Cibacalcin, Miacalcin. Symptoms A hot flash begins as a sensation of intense warmth in the upper body, followed by skin redness flushing , drenching perspiration, and finally a cold, clammy feeling. Typically, these symptoms begin at the head and spread downward toward the neck and chest. They last from 30 seconds to 5 minutes. The average is 4 minutes. Hot flashes can be accompanied by other uncomfortable sensations, such as heart palpitations, a pressure feeling in the head, or feelings of dizziness, faintness or weakness. When hot flashes occur during the night, they can cause sleeplessness insomnia , resulting in poor concentration, memory problems, irritability and exhaustion during the day. Diagnosis After noting your age, your doctor will ask you whether you are still having regular menstrual periods. If you are not, your doctor will ask the approximate date of your last period. If you are still menstruating, the doctor will want to know whether there is anything unusual about the timing of your periods or the amount of blood flow. Your doctor will ask whether you are experiencing any other symptoms that may be related to decreased estrogen, such as vaginal dryness, pain or discomfort during intercourse or urinary incontinence. Finally, your doctor will review your medical history, your gynecological history and the types of medications you are taking. This is to make sure your symptoms are hot flashes and not the result of a medical or gynecological illness or a side effect of medication. In most cases, your doctor can confirm that your hot flashes are related to menopause by reviewing your menstrual history and conducting a physical exam, including a pelvic exam. Your doctor may order a blood test to measure serum levels of follicle stimulating hormone FSH , which are high during menopause. Expected Duration In most women who undergo natural menopause, hot flashes subside within 2 to 5 years after the last menstrual period. In a small number of women, however, hot flashes can continue for 8 to 15 years after the last menstrual period. There is some evidence that women who go through menopause due to surgery may have more severe hot flashes for more years than women who go through natural menopause. Prevention Hot flashes related to menopause cannot be prevented. However, the following lifestyle changes may help to make hot flashes less severe or less frequent: Drink a glass of cool water at the beginning of a hot flash. This seems to lessen discomfort in some women. Also, be sure to drink enough water, usually six to eight glasses per day. Avoid drinking beverages that contain caffeine or alcohol, since these can make hot flashes more uncomfortable. Cut down on red wine,

chocolate, and aged cheeses. Smoking can make hot flashes worse. Wear loose, comfortable clothing made of cotton to help absorb perspiration. Dress in layers, so that you can remove some clothing if you suddenly feel hot. Lower your home thermostat to keep your house cool. At work, open a window or use a small portable fan. At night, use lightweight blankets that can be removed if hot flashes wake you up. Regular vigorous exercise during which endorphins are produced may also decrease hot flashes. Treatment Estrogen is the most effective medication available to relieve hot flashes. Short-term use of low-dose estrogen may be prescribed, with or without progesterone. If a woman still has her uterus, estrogen is usually prescribed together with progesterone to decrease the small risk of uterine cancer. Estrogen used alone causes growth of the uterine lining. Adding progesterone prevents or decreases this growth, thereby decreasing the risk of developing uterine cancer. If your uterus was removed, then only estrogen is required. Estrogen can be taken as a pill or administered through a skin patch to treat hot flashes. Estrogen can be applied directly to the vagina as a cream, suppository, or a ring to treat vaginal symptoms. Progesterone can be taken as a pill or a patch or as a vaginal suppository. Women who use estrogen should use the smallest dose that relieves hot flashes. Alternative medications to help decrease the intensity of hot flashes include clonidine Catapres , gabapentin Neurontin , or antidepressants such as venlafaxine Effexor , paroxetine Paxil , fluoxetine Prozac and sertraline Zoloft. For women who have undergone surgical menopause and have unusually severe hot flashes, some studies have shown that a combination of estrogen and androgen may be effective. However, it may take two to four weeks of treatment before improvement is noticeable. With or without using estrogen, hot flashes gradually diminish and disappear completely with time. Learn more about Hot Flashes Associated drugs.

### Chapter 2 : Hot Flashes Guide: Causes, Symptoms and Treatment Options

*The river Beas, shown here, carries both glacier run off and is very prone to flash floods, though hydro power projects downstream from this location have negated its awe inspiring rage over the years.*

Write down what you were doing, eating, drinking, feeling, or wearing when each hot flash began. After several weeks, you may begin to see a pattern that can help you avoid specific triggers. Preventing hot flashes You may be able to reduce the frequency of your hot flashes if you figure out your triggers, and avoid them. No treatment is guaranteed to prevent hot flashes, but there are options that may help you manage your symptoms. The goal of treatment is usually to lessen the severity and frequency of your hot flashes. You can consider lifestyle changes, hormone replacement therapy, prescription medications, or alternative therapies. Talking to your doctor can help you decide on the best approach to help prevent your hot flashes. Quick relief methods Some women are able to manage their hot flashes with some simple tools or techniques. Here are some simple ways to find relief: Some products can interfere with over-the-counter and prescription medications. Black cohosh *Actaea racemosa*, *Cimicifuga racemosa*. Do not take this if you have a liver disorder. Red clover *Trifolium pratense*. This herb could increase the chance of bleeding. Dong quai *Angelica sinensis*. This herb interacts with the blood thinner warfarin Coumadin. Evening primrose oil *Oenothera biennis*. This essential oil may affect blood thinners and some psychiatric medications. This supplement can cause mild stomachaches, constipation, and diarrhea. Women with a history of estrogen related cancer in their family may not want to take in soy. Check with your doctor before taking any of these products. Herbs can interfere with medications and aggravate disorders, beyond what is listed here. Herbal products are not monitored for quality and purity by the FDA. Treatment with synthetic hormones may be an option for some women whose hot flashes are debilitating and greatly affect the quality of their life. Estrogen supplements level out the amount of estrogen in your system, reducing the incidence and severity of hot flashes and night sweats. Estrogen is usually taken with progestin to reduce the risk of developing endometrial cancer. It can be taken by pill, through a vaginal cream or gel, or a patch. A physician can help you make decisions if you are a candidate for HRT. Many women will not be able to take hormones or bio-identical hormone and your doctor will take a full medical history. Nonhormonal treatments Other medications have been found to help women whose hot flashes and night sweats are difficult to manage. Work with your doctor to choose if these medications might be appropriate for you and your situation. Gabapentin and pregabalin, usually given for nerve-mediated pain or seizures, offer relief for some women. Antidepressants venlafaxine Effexor, fluoxetine Prozac, and paroxetine Paxil have also been shown to be effective for treatment of hot flashes. Alternative therapies Acupuncture may be helpful, without the side effects of medication. One study published in found that women who had acupuncture had significantly fewer menopausal symptoms, including hot flashes, than those who had sham treatments. Another study worked with a large sample of women with breast cancer. Treatments for breast cancer often trigger hot flashes. Participants who used acupuncture had less frequency and intensity of hot flashes. Meditation can also be very successful in helping manage stress levels. Stress is a common hot flash trigger for many women. Taking stress management training in your community might lead to numerous other benefits in your health and quality of life. Lifestyle changes Lifestyle choices can make as much of an impact on your body as any medication or supplement you take. Living a healthy lifestyle can reduce the incidence and severity of hot flashes and help reduce the risk of heart disease and osteoporosis. Be mindful of the following ways you can improve your health: Eat a well-balanced diet and control portion size. Stop smoking, and stay away from secondhand smoke. Just as no two women are alike, neither are the ways their bodies will react to treatment for hot flashes. Talk to your doctor if none of the common hot flash management tools are helping. As hard as it is to imagine while in the midst of your own personal heat wave, this too shall pass. For more information on how to get the most out of your menopausal years, keep reading about menopause.

## Chapter 3 : Winsford - The Flashes

Add tags for "*Flashes in the river: the flyfishing images of Arthur Shilstone and Ed Gray*". Be the first.

The flood warning continues for the lower Ohio River affecting areas in Indiana At the Newburgh Dam affecting Spencer Daviess and Henderson Counties. At Shawneetown affecting Gallatin Crittenden and Union Counties. At Cairo affecting Alexander Hickman and Mississippi Counties. Water levels continue to slowly rise along portions of the lower Ohio River, with minor flood conditions developing at the Newburgh Dam and Shawneetown within the next 24 hours and at Cairo by Saturday morning. Flooding will be for a very short time at the first two locations, but will persist at Cairo until late next week. The water may be too deep to allow safe passage. Never allow children to play in or near flood waters. Additional information is available at [http:](http://) The river will rise above flood stage overnight and crest near The river is forecast to fall below flood stage Saturday morning. The river is feet wide and begins covering agricultural land on the Kentucky side. Rise above flood stage Friday morning and crest near The river will fall below flood stage by Monday morning. Minor flooding occurs affecting mainly bottomland and surrounding low lying areas. Rise above flood stage Saturday morning and crest near The river will fall below flood stage late next week. Minor flooding occurs affecting mainly agricultural bottomland and low lying areas. The Flood Warning continues for the following streams in Kansas.. Do not drive into flooded areas. Shallow flowing water can wash a car from the roadway. Also, the roadbed may be washed out under the water. The river will continue to fall to below flood stage by Friday evening. Minor lowland flooding occurs from Marysville to Tuttle Creek Lake. The Flood Warning continues for Do not drive cars through areas where water covers the road. The water depth may be too great to allow your vehicle to pass safely. Additional information is available at: [http:](http://) The river will remain near Agricultural lowlands along the river begin to flood. The river will continue to fall to below flood stage by Monday evening. The flood warning continues for the following river in Missouri and Illinois This Flood Warning is a result of heavy rainfall across upstream portions of the basin last month The National Weather Service will monitor this developing situation and issue follow up statements as conditions or forecasts change. Never drive cars, trucks, or sport utility vehicles through flooded areas. The water may be too deep to allow for safe passage. This product, along with additional weather and stream information, is available at [http:](http://) Damage begins to buildings in unprotected low areas. Damage begins in unprotected areas. State Route P east of Elsberry begins flooding just east of the levee. Updated flood information for the Mississippi River. River forecasts include past precipitation and forecast rainfall for the next 48 hours. If you encounter a flooded roadway, turn around and find an alternate route. Flood Warning now in effect until Sunday morning Rise to flood stage Friday morning. Persons are urged to stay away from the river until water levels recede. Motorists should avoid any water covered roads and find an alternate route. Livestock and equipment should remain out of the flood plain for the next few days. The river will continue rising to near Additional rises may be possible thereafter. Moderate lowland flooding begins in the vicinity of the gage. The river will continue to fall to a stage of Low roads in the Deep River Plantation Subdivision are inundated. The lowest roads into properties off FM northwest of Riverside are inundated and the lowest buildings are threatened. Flood Warning remains in effect until Sunday morning Rise to flood stage Friday evening. Major lowland flooding begins as homes in several subdivisions above Liberty begin flooding. Extensive flooding over much of Liberty County can be expected with each incremental rise in the river. The Flood Warning continues for the following areas in Texas Do not drive cars through flooded areas. Caution is urged when walking near riverbanks. The river will remain near or just above 8 feet for the next several days. The river will continue rising before cresting at 33 feet by Friday afternoon. The river should fall below flood stage late Saturday morning. Low water crossings near the river will flood. The river will crest and remain near 37 feet thru Tuesday afternoon then remain above flood stage for a few days thereafter. The river will continue to fall to near 38 feet by Saturday morning. The Flood Warning continues for the following rivers in Louisiana At stages near Minor lowland flooding will occur. Water inundates roads in lowland areas near the river. Low spots on Old Sour Lake Road are under water. Do not drive vehicles through flooded waterways. Use caution

when walking near flooded riverbanks. Do not try to wade or swim in flooded rivers and bayous. For more hydrologic information, copy and paste the following website address into your favorite web browser URL bar: The river will continue to fall to below flood stage by tomorrow morning. Expect severe flooding with some barns facing flooding. Preparations should be completed for moderate flooding. Expect lowland flooding to continue with oil field operations curtailed. Minor lowland flooding of pastures and boatramps. Move livestock and equipment to higher ground. The Flood Warning continues for the following rivers in Texas.. Recent rainfall upstream and over the area will keep the aforementioned river above flood stage for the next few days. These river forecasts are based on forecast rainfall over the area, and are subject to change with rainfall forecasts. For the latest river stages and forecasts visit our AHPS page at: The river will continue to slowly fall to below moderate flood stage by early Monday morning, but will remain above flood levels through mid-week. Hunting cabins, oil field tanks and pumps are affected, and livestock become isolated. The river will gradually fall over the next few days as releases from Lake Corpus Christi are reduced, but the river will remain above flood levels through the weekend. Roads flood through the lowest residential areas Hazel Bazemore Park and Labonte Park will also flood. The river will continue to fall over the next few days as releases from Lake Corpus Christi are reduced, but the river will remain above flood levels through the weekend. Widespread residential flooding occurs for days or weeks. Many secondary roads, primary roads, and low bridges are flooded. The flow is out of the channel and into prevailing left flood plain. Rise above flood stage by Saturday morning and continue to rise to near

### Chapter 4 : In Sonora, the Dry Devils River Comes to Life as Flash Flooding Creates Hellish Conditions

*The Dry Devils River is one of six watercourses that feed into the Devils River, historically known (and named) for its untamed nature and deep canyons, especially during heavy rainfall. The Devils River forms in southern Sutton County, where Sonora is the county seat, and traverses nearly miles southward before emptying into Lake Amistad.*

With all the moving parts, Nagy knew this was part of the deal. With a young quarterback like Trubisky getting his legs under him, patience and teaching is the key. Early camp and summer is when to get the kinks out. Eventually down the road we can be a machine after learning from them. They went and snatched Miller because they understood he could be a dynamic piece from the get-go. There was no stopping this competitive train, regardless of the defensive back lined up across from him. That swagger is why Miller is capable of being special because he plays with a passion. Part of Miller growing up is managing the energy and learning how to dial in. Never limit, but channel as Nagy made sure to clarify. He made some plays, but trust me, he has mistakes. Daniel has been in the league for eight seasons but only has two starts in that time. No, Daniel is in Chicago to help Trubisky come into his own. The comforting part is that Daniels knows when to step in and when to let Trubisky learn individually in regards to mental repetitions. The psyche of a signal caller is a delicate balance. That means that as far as friends go, Trubisky is in excellent hands. The year-old pass rusher signed a one-year deal with Chicago in the off-season and has already suffered three injuries in his short stay. Not a good start for any kind of rebound. Nagy maintained this was part of their recovery plan for him and that everything was on track. Long is recovering from three surgeries on his ankle, labrum, and neck done earlier this winter. As for your daily Roquan Smith update: Robert is your guy for all things Bears. Find him on Twitter RobertZeglinski.

### Chapter 5 : Flash flood in the river swallows a bus. : CatastrophicFailure

*The Medina River in LaCoste, Texas, surprised everyone in the Medina River RV Park when overnight the river crested its banks and inundated RVs faster than they could be moved out of harm's way, reported KSAT News. "I fell asleep around in the morning Saturday, and when I woke up around 6.*

You might also like these other newsletters: Please enter a valid email address Sign up Oops! Please enter a valid email address Oops! Please select a newsletter We respect your privacy. Have you ever spotted a small speck, dot, or squiggle floating in the air, only to have it flit away when you tried to look at it directly? If so, you are one of many people who have experienced the common vision phenomenon known as eye floaters and flashes. The majority of people – 7 out of every 10, in fact – will experience eye floaters and flashes at some point in their lives. They are a normal part of the aging process and, most of the time, not considered a medical problem. However, a rapid onset of many eye floaters and flashes could indicate that a retinal tear has occurred; if not treated immediately, this could cost you your eyesight. Eye floaters and flashes are caused by changes in the vitreous gel that occur as we get older. Eye floaters occur when the vitreous gel thickens or shrinks due to aging, causing particles to form in the gel. These particles block the light passing through your eye, casting shadows on the retina. The shadows are seen as floaters, which can be created by: The formation of protein clumps in the vitreous gel. These types of eye floaters tend to look like squiggles, cobwebs, tadpoles, or circles. They remain in the vitreous gel permanently, and people tend to ignore them. The bursting of blood vessels in the retina as the shrinking vitreous gel pulls on them. Eye floaters caused by this kind of minor hemorrhaging create little black dots in your field of vision, which can resemble smoke or a cloud of gnats. They usually resolve themselves as the blood is reabsorbed by the body, but can last for months. Posterior vitreous detachment PVD. The vitreous gel actually pulling away from the retina is a condition known PVD. Debris from the site of the detachment drifts into the vitreous gel and causes floaters that resemble cobwebs, mist, or a veil that obscures part of your field of vision. In most cases, the detachment occurs cleanly and the eye floaters become less noticeable after a few months. Eye flashes result from thickened vitreous gel pulling and rubbing on the retina, causing visual effects that look like lightning streaks or light flickers. These flashes may appear off and on for a few weeks or months, but normally fade over time. If you see flashes accompanied by floaters, you most likely are experiencing PVD. Flashes also can be caused by an oncoming migraine headache. In these instances, the eye flashes often will look like jagged lines or heat shimmers that last between 10 and 20 minutes. Time Is Your Best Treatment Eye floaters and flashes caused by the vitreous gel are most visible when you are looking at a plain, light-colored background. Close one of your eyes and look at an empty wall, a blue sky, or a white background on a computer screen. If you see a squiggle, dot, or other shape flitting around, then you have found an eye floater. Eye floaters and flashes normally require no treatment. An annoying floater in the center of your vision sometimes can be relieved by rolling your eyes around, which swirls the vitreous gel in the eyeball and gets the floater to move away. A surgical procedure called vitrectomy removes the vitreous gel from the eye and replaces it with saline solution, but it is a major procedure that normally is not considered worth the risk. When Retinal Detachment Is the Problem The tugging from the vitreous gel can sometimes cause a more serious medical condition in which the retina tears and detaches from the eye. If this occurs, you could partially or completely lose your vision in that eye. Symptoms of retinal detachment include: A sudden increase in the number of eye floaters and flashes you are experiencing, or the sudden appearance of them for the first time. The loss of your peripheral vision, usually appearing like a curtain or shadow that moves toward the center of your vision over time. Vision that has become blurred or distorted. Surgery is the only treatment for retinal detachment, and time is of the essence in preserving your vision. If you are experiencing any of these symptoms, you should see your eye doctor immediately.

### Chapter 6 : Bears Notebook: A œfieryœ• Miller flashes, Trubisky and offense struggle œ“ The Rock Ri

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Chapter 8 : National Weather Service Watch Warning Advisory Summary

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