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## How can multiple sclerosis (MS) cause a hot flash?

### ANSWER

Heat can make your multiple sclerosis symptoms worse, whether it's hot and humid outside or you have a fever. You might notice what's called Uhthoff's sign, changes in vision when you get too hot. Any problems should go away once you cool back down.

Some people with MS also have hot flashes that aren't linked to hormones. Your doctor might call them paroxysmal symptoms. It sounds scary, but it just means your autonomic nervous system, which controls your organs, blood vessels, and some muscles, isn't working like it should. Let your doctor know.

From: [Why Am I So Hot?](#) WebMD Medical Reference

[Sources](#) | Reviewed by [Traci C. Johnson](#) on June 2, 2018 [Medically Reviewed on 6/2/2018](#)

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