

## Common medications that may impair the heat response

Trade Name	Generic Name
Abilify, Aristada	aripiprazole
Artane	trihexyphenidyl
Aventyl, Pamelor	nortriptyline
Benadryl	diphenhydramine
Caplyta	lumateperone
Celexa	citalopram
Clozaril, Fazaclo, Versacloz	clozapine
Cobenfy	zanomeline, trospium
Cogentin	benztropine
Cymbalta	duloxetine
Desyrel, Oleptro	trazodone
Elavil	mitriptyline
Effexor	venlafaxine
Eskalith, Lithobid, Lithonate	lithium
Fanapt	iloperidone
Fetzima	levomilnacipran
Geodon	ziprasidone
Haldol	haloperidol
Invega	paliperidone
Latuda	lurasidone
Lexapro	escitalopram
Loxitane	loxapine
Lybalvi, Zyprexa	olanzapine
Navane	thiothixene
Norpramin	desipramine
Nuplazid	pimavanserin
Paxil	paroxetine
Phenergan	promethazine
Pristiq	desvenlafaxine
Prolixin	fluphenazine
Prozac	fluoxetine
Rexulti	brexpiprazole
Risperdal, Uzed	risperidone
Saphris	asenapine
Seroquel	quetiapine
Sinequan, Silenor	doxepin
Stelazine	trifluoperazine
Thorazine	chlorpromazine
Tofranil	imipramine
Trilafon	perphenazine
Trintellix	vortioxetine
Wellbutrin, Zyban	bupropion
Viibryd	vilazodone
Vraylar	cariprazine
Zoloft	sertraline

\*Note: This is not an all-inclusive list.

## Factors that can increase the risk for heat-related illness

**Age:** Infants/young children, and older adults (over 65 years of age) are more at risk

### Medical Conditions (particularly if chronic):

Heart disease, hypertension, respiratory illness, diabetes, excess weight/obesity

### Medications:

- Almost all psychotropic medications except benzodiazepines (e.g. anti-anxiety drugs, sedatives). See accompanying list.
- Others: Diuretics/water pills, antiparkinsonian/anticholinergic medications, amphetamines, beta-blockers, calcium channel blockers, sinus and allergy medicines
- Sedatives and opioids can lead to drowsiness, which may decrease awareness of overheating. This can also occur with alcohol use.

\*Note: Other medications can also affect heat tolerance. Check with your doctor or pharmacist about your medications.

**Street drugs:** Hallucinogens (LSD, psilocybin), cocaine/crack and stimulants (methamphetamine), ecstasy/MDMA, PCP, bath salts, anabolic steroids/muscle-building drugs

# Heat-related illness in individuals using psychiatric medication

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Get medical help if:

- Cramps last a long time — an hour or more
- You feel worse even when resting — dizzy,

### **Heat exhaustion**

A moderate form of heat-related illness. This occurs in high heat conditions when excessive sweating leads to fluid and salt loss to the extent that the body is unable to cool itself. Signs include:

- Heavy sweating
- Rapid, weak pulse
- Pale, clammy skin
- Muscle cramps
- Tiredness/weakness
- Dizziness/fainting
- Nausea/vomiting

Take action:

Same actions as for heat cramps. Also, use cool cloths or a cool bath to lower body temperature. If symptoms do not improve in an hour, seek medical help.

### **Heat stroke**

A severe form of heat-related illness and a medical emergency. In this condition the body temperature can rise to temperatures of 106° F or higher, which can lead to permanent injury or death if treatment is not received. **911 should be contacted immediately.**

Signs include:

- Very high body temperature — over 103° F
- Hot, red, dry, or damp skin
- Rapid, strong (bounding) pulse
- Confusion/unconsciousness
- Dizziness/fainting
- Nausea/vomiting

Take action:

- **A medical emergency.** Others present should move the person to a cooler place after calling 911. Use cool cloths and a cool bath. **Do not give the person water.**

## **You can prevent heat-related illness**

**There are ways to stay cool** when the temperature is 85 degrees and above, especially with high humidity:

### **In general:**

- Check the daily weather report for any heat alerts.
- Avoid strenuous outdoor activities during the warmest parts of the day.
- Try to stay in cool places — libraries, shopping malls, community cooling centers.
- Eat regular, light meals.
- Drink plenty of fluids— water is best. Avoid coffee, tea, and alcohol.

### **When indoors:**

- Stay in air-conditioned rooms. Keep windows shut and drapes closed during the day.
- Avoid the use of stoves and ovens.
- Open windows in the evening when the air outside is cooler.
- Take a cool shower or bath if overheated.

### **When outdoors:**

- Apply “broad spectrum” sunscreen prior to going outside and reapply as indicated.
- Avoid prolonged exposure to direct sunlight.
- Limit time on concrete/asphalt and in closed cars without air conditioning running.
- Wear loose-fitting and light-colored clothing.
- Wear a wide-brimmed hat and sunglasses.

## **What is heat-related illness?**

Medical conditions that develop in the setting of extreme heat and humidity where the body temperature rises to dangerous levels. The body becomes unable to lower temperature and damage to the body will occur if the temperature is not lowered. It is very important to recognize early signs of heat-related illness and take action as the conditions can rapidly progress to life-threatening illness.

Heat-related illness includes:

- Heat cramps (mild illness)
- Heat exhaustion (moderate)
- Heat stroke (severe)

### **Heat cramps**

A mild form of heat-related illness.

- Painful muscle cramps and spasms can develop with vigorous exercise and sweating in high heat.

Take action:

- Stop activity and get to a cool place
- Drink water
- Wait for the cramps/spasms to go away

