

A LIST OF MEDICATIONS THAT CAN CAUSE Heat Intolerance

Some medications can affect your body's ability to regulate temperature or cause dehydration, making it harder to tolerate heat.

Know
what you take.
Protect your
health. Stay
cool, stay safe!

MEDICATIONS THAT CAN CAUSE HEAT INTOLERANCE



DIURETICS ("WATER PILLS")

- Furosemide (Lasix)
- Chlorthalidone
- Hydrochlorothiazide

Increase urination and can lead to dehydration and electrolyte loss.



BETA BLOCKERS

- Metoprolol
- Atenolol
- Carvedilol
- Propranolol

Can reduce heart rate and affect the body's ability to cool down.



ACE INHIBITORS

- Lisinopril

May cause dizziness or low blood pressure, especially in heat.



ANGIOTENSIN II RECEPTOR BLOCKERS (ARBs)

- Losartan
- Valsartan

Can lower blood pressure and increase the risk of dehydration.



SSRI'S (ANTIDEPRESSANTS)

- Citalopram
- Escitalopram
- Fluoxetine
- Sertraline

May interfere with sweating and increase sensitivity to heat.



SNRI'S (ANTIDEPRESSANTS)

- Duloxetine
- Venlafaxine

Can affect body temperature regulation and increase sweating problems.



TRICYCLIC ANTIDEPRESSANTS

- Amitriptyline
- Nortriptyline

Can reduce sweating and affect the body's ability to cool down.



ANTIPSYCHOTICS

- Risperidone
- Quetiapine
- Haloperidol
- Olanzapine

Can impair sweat response and increase risk of overheating.



ANTIPLATELETS

- Clopidogrel

May increase risk of dehydration or bleeding with heat stress.



ADHD MEDICATIONS (STIMULANTS)

- Dextroamphetamine
- Methamphetamine
- Methylphenidate

Can suppress appetite and increase heat exhaustion risk.



ANTICHOLINERGICS

- Benztropine
- Oxybutynin
- Tolterodine

Block sweating and reduce the body's ability to cool down.



ANTI-HISTAMINES

- Diphenhydramine

Can cause drowsiness and reduce sweating ability.



DECONGESTANTS

- Pseudoephedrine
- Phenylephrine

Can increase heart rate and blood pressure in heat.

TIPS FOR TAKING CARE OF YOURSELF THIS SUMMER



STAY HYDRATED

Drink plenty of water throughout the day, even if you don't feel thirsty.



DRESS SMART

Wear lightweight, loose-fitting, light colored clothing and a hat.



SEEK SHADE

Avoid direct sun during peak hours (10 a.m. – 4 p.m.).



STAY COOL INDOORS

Use fans or air conditioning. Take cool showers or baths if needed.



KNOW THE SIGNS

Watch for dizziness, headache, nausea, excessive sweating (or lack of sweating), rapid heartbeat, or confusion.



CHECK YOUR MEDS

Review your medications with your healthcare provider or pharmacist, especially if you are starting something new.



PACE YOUR ACTIVITIES

Take breaks often and avoid intense exercise in the heat.



EAT LIGHT & REFRESHING FOODS

Fruits, veggies, and foods with high water content can help keep you cool.



LISTEN TO YOUR BODY

Rest when you need to and don't push through exhaustion or overheating.



DON'T GO IT ALONE

Check in with family, friends, or neighbors, especially if you live alone.

Small choices today
can help you feel better tomorrow.
You are worth taking care of.



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