

## Common psychotropic medications that may impair the heat response

Trade Name	Generic Name
Abilify	aripiprazole
Asendin	amoxapine
Artane	trihexyphenidyl
Aventyl, Pamelor	nortriptyline
Brintellix	vortioxetine
Celexa	citalopram
Clozaril, Fazaclor, Versacloz	clozapine
Cogentin	benztropine
Cymbalta	duloxetine
Desyrel, Oleptro	trazodone
Elavil	amitriptyline
Effexor	venlafaxine
Eskalith, Lithobid, Lithonate	lithium
Fanapt	iloperidone
Fetzima	levomilnacipran
Geodon	ziprasidone
Haldol	haloperidol
Invega	paliperidone
Lexapro	escitalopram
Loxitane	loxapine
Latuda	lurasidone
Navane	thiothixene
Norpramin	desipramine
Paxil	paroxetine
Phenergan	promethazine
Pristiq	desvenlafaxine
Prolixin	fluphenazine
Prozac	fluoxetine
Risperdal	risperidone
Saphris	asenapine
Seroquel	quetiapine
Sinequan, Silenor	doxepin
Stelazine	trifluoperazine
Thorazine	chlorpromazine
Tofranil	imipramine
Trilafon	perphenazine
Wellbutrin, Zyban	bupropion
Viibryd	vilazodone
Zoloft	sertraline
Zyprexa	olanzapine

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

## You can prevent heat-related illness!

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

### In general:

- Try to stay in cool places.
- Eat regular light meals.
- Drink plenty of fluids.
- Avoid coffee, tea and alcohol.

### When indoors:

- Spend time in cooler rooms or air-conditioned areas. A shopping mall or library provides a cool place.
- Keep windows shut and drapes closed during the day.
- Open windows in the evening when the air outside is cooler.
- Avoid outdoor activity during the warmest parts of the day.
- Take a cool shower or bath.

### When outside:

- Apply sunscreen.
- Avoid prolonged exposure to direct sunlight.
- Wear loose-fitting and light-colored clothing.
- Wear a hat and sunglasses.
- Be aware of your environment (For example, asphalt may be warmer than surrounding air temperature).

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# Heat-related illness in individuals using psychiatric medication

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## Medical Conditions and Medications Affect Body Temperature

Some medicines and medical conditions can make the body overheat, especially during hot and humid weather. When the body overheats, heat-related illness can cause death if not treated. The following are some medical conditions that can make heat more dangerous:

- Heart disease
- Alcoholism
- Respiratory disease
- Diabetes

Heat exhaustion is a mild form of heat-related illness. This can occur while working, playing or resting. It may happen without warning, and it may not last long. Call a doctor. Some people may need intravenous fluids so they do not lose consciousness. Heat exhaustion can happen in hot, humid weather, especially if a person does not drink plenty of fluids.

Warning signs of heat exhaustion:

- Heavy sweating
- Paleness
- Muscle cramps
- Tiredness or fainting
- Weakness, dizziness, headache
- Nausea, vomiting

Things to do immediately:

- Move to a cooler place
- Drink water or other liquids (avoid caffeinated beverages such as coffee, soda, tea and alcohol)
- Rest for a short time
- Take a cool shower, bath, sponge bath
- Loosen or remove clothing



## Medication List

These medications decrease the body's response to heat:

### Common medications:

- Almost **all** psychotropic medications except benzodiazepines (e.g. anti-anxiety drugs, sedatives)
- Diuretics or water pills (e.g. furosemide hydrochlorothiazide)
- Antiparkinson medications or Anticholinergics (e.g. Artane, Cogentin)
- Amphetamines (e.g. dexedrine, Adderall)
- Beta-blockers (e.g. propranolol, atenolol, nadolol)

### Street drugs:

- Hallucinogens (e.g. LSD, psilocybin, "shrooms," others)
- Cocaine — all forms, including crack
- Stimulants (e.g. amphetamines, ephedra, "street speed," methamphetamine)
- Anabolic steroids/muscle building drugs
- "Club drugs" (e.g. ecstasy, MDMA)
- PCP ("angel dust")
- Ketamine ("K," "Special K")
- Bath salts

### These drugs decrease awareness of heat-related illness. You may not know you are in danger:

- Alcohol, benzodiazepines and other sedatives
- Opioids (narcotic pain medications)

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

## Heat Stroke

Heat stroke is the most serious heat-related illness. With heat stroke, you cannot control your body temperature, so the temperature quickly rises. The body is then not able to sweat, and as a result cannot cool down.

### Heat stroke can cause death if not treated.

Some medical conditions cause greater risk of heat stroke.

### Heat Stroke Warning Signs:

- Confusion, unconsciousness, dizziness, nausea
- Body temperature higher than 103 degrees Fahrenheit
- Rapid, strong pulse
- Throbbing headache
- Red, hot and dry skin

### Seek treatment right away!

- Call 911 immediately. If you are in a hospital, tell the staff.
- Loosen or remove the clothing of the heat stroke victim.
- Move the victim to a cooler spot.
- Cool the victim using cool water.
- Give the victim water to drink only if he/she can talk.
- Call the emergency room for more instructions if help does not come right away.