

## *Health Tip:*

### **Watch Those Medications and the Heat**

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Other medications actually increase your body's heat production, potentially increasing body temperatures. These include:

*Thyroid hormone, such as Synthroid.*

*Amphetamines such as Ritalin.*

*Salicylates (aspirin products).*

Thirst is one of the body's ways of telling you that you are dehydrating. Medications that will decrease your sense of thirst in hot environments include:

*Neuroleptics, such as Haldol or Prolixin.*

*Sedatives, such as Ambien or Excedrin PM.*

Medications that make your body less able to cool itself because they decrease your body's ability to regulate temperature include:

*Antihistamines, such as Benadryl and other nonprescription cold remedies.*

*Anticholinergics, such as Cystospaz.*

*Phenothiazines, such as Thorazine or Serentil.*

*Benzotropine mesylate, such as Cogentin.*

*Tricyclic antidepressants, such as Elavil or Sinequan.*

*Monoamine oxidase inhibitors (MAOIs), such as Furoxone or Nardil.*

Alcohol, caffeine, amphetamines and illicit drugs also affect a person's ability to sense dehydration or heat-related symptoms. These substances also reduce a person's judgment about whether treatment is needed for a heat-related illness.



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