

## Staying safe in the heat: How medications can affect your health

Ibqa' f'saħħtek fis-sħana - kif il-medicini jistgħu jaffettwaw saħħtek



The medications shown in the table make you more sensitive to heat-related illness.

- Consult your pharmacist or doctor if you think that you may be taking one of these drugs.
- Discuss any possible side effects with your doctor or pharmacist.
- Never stop taking a drug without first consulting your doctor.

Il-medicini mnizżla f'din it-tabella jagħmluk aktar sensitiv għal mard relatat mas-sħana.

- Ikkonsulta mal-ispizjar jew it-tabib tiegħek jekk taħseb li jista' jkun li qed tieħu minn dawn il-medicini.
- Iddiskuti kwalunkwe *side effect* possibbli mat-tabib jew mal-ispizjar tiegħek.
- Qatt tieqaf tieħu medicina mingħajr ma tikkonsulta mat-tabib tiegħek l-ewwel.

Drug class	Examples	Mechanisms
Sedatives-usually prescribed for problems affecting mental health	e.g. phenothiazines butyrophenones thioxanthenes	These drugs reduce the ability of the body to deal with heat and reduce systolic blood pressure.
Diuretics (water pills)	e.g. bumetanide furosemide	These drugs can lead to dehydration and reduce blood pressure.
Beta blockers	Atenolol Propranolol	Decreased sweating Reduced blood pressure, increased risk of fainting and falls
Calcium channel blockers	Amlodipine nifedipine	Decreased blood pressure, increased risk of fainting and falls. Electrolyte imbalance
Anti-cholinergic drugs	Antidepressants - e.g. amitriptyline, imipramine, paroxetine, clomipramine. Antihistamines - e.g. diphenhydramine, chlorpheniramine, hydroxyzine. Incontinence drugs - e.g. oxybutynin Antipsychotic drugs - e.g. olanzapine, quetiapine.	These drugs reduce sweating and can cause heat exhaustion and heat stroke. While taking one of these drugs, it is important not to become overheated during exercise, hot baths and other activities.

Drug class	Examples	Mechanisms
Anti-anginals	Glyceryl trinitrate, isosorbide mononitrate	Worsen low blood pressure
Mood stabilizer Antipsychotics	e.g. lithium haloperidol, olanzapine, quetiapine, risperidone	These drugs change the ability of the body to sense that you are too hot and the way the body deals with heat by reducing the ability to sweat. If you become dehydrated, the levels in the body of the drug, especially lithium, will increase and cause lithium toxicity. This can result in serious complications including death.
Selective Serotonin Reuptake Inhibitors (SSRI) and Serotonin and Norepinephrine Reuptake Inhibitors (SNRI)	SSRI: Fluoxetine, Sertraline SNRI: Duloxetine Venlafaxine	Increased sweating
Tricyclic antidepressants (TCAS)	Amitriptyline, Clomipramine	Decreased sweating
Antiseizure medications	Topiramate  Oxcarbazepine  Carbamazepine	Decreased sweating  Increased sweating Increased urination  Dizziness and weakness, especially after increased dose

Phone **21 231 231** for heat and health advice.

Call the **Emergency Number 112** in cases of heat stroke (seizures, agitation, lethargy, rapid pulse, rapid shallow breathing).

Ċempel fuq **21 231 231** għal pariri dwar is-saħħa u s-sħana.

Ċempel lin-**Numru ta' Emerġenza 112** f'każijiet ta' heat stroke (aċċessjonijiet, aġitazzjoni, letargija, polz mgħaġġel, nifs dgħajjed u mgħaġġel).

**For general information on the effect of heat on health, visit [hdpd.gov.mt](http://hdpd.gov.mt)**

**Għal iktar informazzjoni ġenerali dwar l-effett tas-sħana fuq is-saħħa, żur [hdpd.gov.mt](http://hdpd.gov.mt)**