

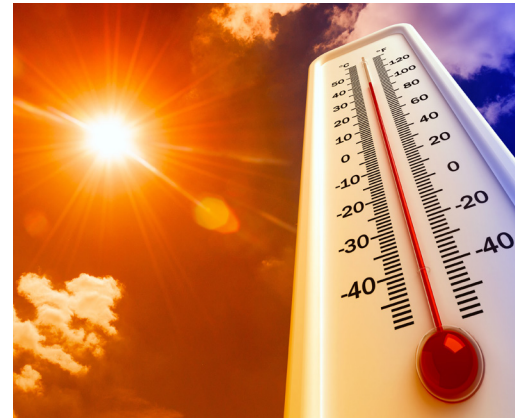
We are experiencing higher than average summer temperatures. It is important for everyone to recognize heat-related illnesses and to know when to seek help.

What are heat-related illnesses?

Heat-related illnesses are medical conditions that develop when a person is exposed to or experiences extreme heat. The extreme heat causes the body temperature to rise to dangerous levels. As a result of the extreme heat exposure, the body can become unable to lower its temperature and damage to the body may occur if the temperature is not lowered.

Antipsychotic Medications Affect Body Heat Regulation

Antipsychotic medications may weaken the body's ability to regulate its own temperature. During hot weather, individuals taking psychiatric and other medications are at risk of developing a very high body temperature also known as hyperthermia, which can be fatal. Individuals with chronic medical conditions are especially vulnerable (e.g., heart and pulmonary disease, diabetes, alcoholism, etc.) to developing high body temperatures when exposed to excessive heat. It is extremely important for everyone to make sure they stay hydrated by drinking water and also carrying water with you at all times.



It is very important to recognize the early signs of heat-related illnesses and take action as the conditions can rapidly progress to a life-threatening illness. Heat-related illness includes:

<p>Heat cramps A mild form of heat-related illness.</p> <ul style="list-style-type: none"> Painful muscle cramps and spasms can develop with vigorous exercise and sweating in high heat. <p>Action Steps:</p> <ul style="list-style-type: none"> Stop activity and get to a cool place Drink water Wait for the cramps/spasms to go away <p>Get medical help if:</p> <ul style="list-style-type: none"> Cramps last a long time — an hour or more You feel worse even when resting — dizzy, nauseated 	<p>Heat exhaustion A moderate form of heat-related illness. This occurs when exposed to high heat conditions causing excessive sweating which can lead to fluid and salt loss to the extent that the body is unable to cool itself.</p> <p>Signs include:</p> <ul style="list-style-type: none"> Heavy sweating Rapid, weak pulse Pale, clammy skin Muscle cramps Tiredness/weakness Dizziness/fainting Nausea/vomiting <p>Action Steps: 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 by calling 911.</p>	<p>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 lowered. Call 911 immediately for help.</p> <p>Signs include:</p> <ul style="list-style-type: none"> Very high body temperature — over 103° F Hot, red, dry, or damp skin Rapid, strong (bounding) pulse Confusion/unconsciousness Dizziness/fainting Nausea/vomiting <p>Action Steps: This is a medical emergency. After calling 911, move the individual to a cooler place. Use cool cloths and a cool bath. Do not give the person water.</p>
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Factors that can increase the risk for heat-related illness:

- Age can be a high-risk factor, especially in infants/young children and older adults (over 65 years of age).
- Medical Conditions (particularly if chronic) such as heart disease, hypertension, respiratory illness, diabetes, and excess weight/obesity.
- Specific medications like diuretics/water pills, antiparkinsonian/anticholinergic medications, amphetamines, beta blockers, calcium channel blockers, sinus, allergy medicines, and almost all psychotropic medications (see list below) except benzodiazepines (e.g., anti-anxiety drugs, sedatives). Additionally, sedatives and opioids can lead to drowsiness, which may decrease awareness of overheating. This can also occur with alcohol use. Other medications can also affect heat tolerance, check with your doctor or pharmacist about your current medications.
- Street drugs such as hallucinogens (LSD, psilocybin), cocaine/crack and stimulants (methamphetamine), ecstasy/MDMA, PCP, bath salts, and anabolic steroids/muscle-building drugs can increase the risk of heat-related illness
- If you have any concerns about the medication(s) you are taking, please reach out to your medical provider.

Common psychotropic medications that may impair the heat response			
Trade Name	Generic Name	Trade Name	Generic Name
Abilify	<i>aripiprazole</i>	Nuplazid	<i>pimavanserin</i>
Aristada	<i>aripiprazole</i>	Pamelor	<i>nortriptyline</i>
Artane	<i>trihexyphenidyl</i>	Paxil	<i>paroxetine</i>
Caplyta	<i>lumateperone</i>	Perseris	<i>Risperidone</i>
Celexa	<i>citalopram</i>	Phenergan	<i>Promethazine</i>
Clozaril	<i>clozapine</i>	Pristiq	<i>desvenlafaxine</i>
Fazaclo	<i>clozapine</i>	Prolixin	<i>fluphenazine</i>
Cogentin	<i>benztropine</i>	Prozac	<i>fluoxetine</i>
Cymbalta	<i>duloxetine</i>	Rexulti	<i>brexpiprazole</i>
Elavil	<i>amitriptyline</i>	Risperdal	<i>risperidone</i>
Effexor	<i>venlafaxine</i>	Saphris	<i>asenapine</i>
Eskalith	<i>lithium</i>	Seroquel	<i>quetiapine</i>
Lithobid	<i>lithium</i>	Silenor	<i>doxepin</i>
Lithonate	<i>lithium</i>	Sinequan	<i>doxepin</i>
Fanapt	<i>iloperidone</i>	Stelazine	<i>trifluoperazine</i>
Fetzima	<i>levemilnacipran</i>	Thorazine	<i>chlorpromazine</i>
Geodon	<i>ziprasidone</i>	Tofranil	<i>imipramine</i>
Haldol	<i>haloperidol</i>	Trilafon	<i>perphenazine</i>
Invega	<i>paliperidone</i>	Trintellix	<i>vortioxetine</i>
Lexapro	<i>escitalopram</i>	Uzedy	<i>risperidone</i>
Latuda	<i>lurasidone</i>	Versacloz	<i>clozapine</i>
Loxitane	<i>loxapin</i>	Viibryd	<i>vilazodone</i>
Lybalvi	<i>olanzapine/samidorphan</i>	Vraylar	<i>cariprazine</i>
Oleptro	<i>trazodone</i>	Wellbutrin	<i>bupropion</i>
Navane	<i>thiothixene</i>	Zoloft	<i>sertraline</i>
Norpramin	<i>desipramine</i>	Zyban	<i>bupropion</i>
		Zyprexa	<i>olanzapine</i>

*There are many more not listed, these are the most common psychotropic medications.

Resources

[Arizona Heat Relief Information and Resources](#)