

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

l-bqa' f'saħħtek fis-sħana - kif il-mediċini 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-mediċini mnizzla f'din it-tabella jagħmluk aktar sensittiv għal mard relatat mas-sħana.

- Ikkonsulta mal-ispizjar jew it-tabib tiegħek jekk taħseb li jista' jkun li qed tieħu minn dawn il-mediċini.
- Iddiskuti kwalunkwe *side effect* possibbli mat-tabib jew mal-ispizjar tiegħek.
- Qatt tieqaf tieħu mediċina 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' Emergenza 112** f'kazijiet ta' heat stroke (aċċessjonijiet, aġitazzjoni, letarġija, polz mgħaġġel, nifs dgħajjef u mgħaġġel).

For general information on the effect of heat on health, visit hpd.gov.mt
Għal iktar informazzjoni ġenerali dwar l-effett tas-sħana fuq is-saħħa, żur hpd.gov.mt

