Appendix B: Categories of medicines that may increase the risk of heat-related illnesses
**Appendix B**

**Categories of medicines that may increase the risk of heat-related illnesses**

Complete list of categories of medications that may increase a person’s risk for negative health effects from extreme heat.

- Alpha blockers\(^4,6\)
- Amphetamines\(^4,5,6\) (e.g., diet pills)
- Anticholinergens\(^1,2,4,6\) (e.g., cough and cold medications, interfere with sweating)
- Anticonvulsants\(^5\) (e.g., seizure medications)
- Antidepressants\(^3,4,5\) (interfere with the body’s cooling functions or water/salt retention)
- Antihistamines\(^4,5,6\)
- Antihypertensives\(^3,4\) (interfere with the body’s cooling functions or decrease the body’s ability to thermoregulate)
- Anti-Parkinsonian\(^3\)
- Antipsychotics/Neuroleptics\(^3,4,5\) (interfere with the body’s cooling functions or water/salt retention)
- Benzodiazepines\(^4\)
- Beta blockers\(^4,5,6\) (profoundly impact thermoregulation by decreasing the body’s ability to shunt large volumes of hyperthermic blood away from the core and to the skin)
- Calcium channel blockers\(^4,6\)
- Cocaine/illicit drugs\(^4,5\) (decrease the body’s ability to thermoregulate)
- Diuretics\(^1,2,4,5,6\) (can cause dehydration, decrease the body’s ability to thermoregulate)
- Laxatives\(^4,5,6\)
- Phenothiazines\(^4\)
- Thyroid agonists\(^4\)
- Tranquilizers\(^1\)
- Vasoconstrictors\(^4,5\) (profoundly impact thermoregulation by decreasing the body’s ability to shunt large volumes of hyperthermic blood away from the core and to the skin)

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