Every year, thousands of older adults suffer from heat-related conditions, including dehydration, sunburn and heat stroke. As the body ages, it often loses the ability to adapt to the heat.

In addition, chronic medical conditions and prescription medications can affect the body's ability to manage increases in body temperature.

**American Medical Response (AMR) offers the following information on the effects of some medications:**

- Antidepressants, antihistamines, phenothiazines and anticholinergics act on an area of the brain that controls the skin's ability to make sweat
- Beta blockers (heart tablets) reduce the ability of the heart and lungs to adapt to stress
- Amphetamines raise body temperature
- Diuretics (fluid tablets) encourage fluid loss, which can quickly lead to dehydration
- Opioids and sedatives can reduce awareness of physical discomfort

For more information visit amr.net/safety