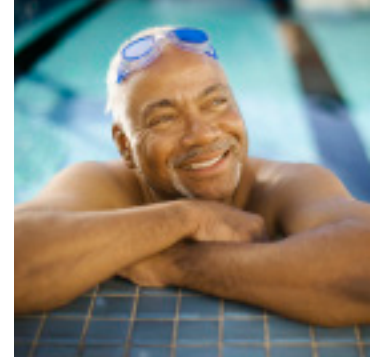


SAFETY TIPS: HEAT SAFETY - OLDER ADULTS



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



Diuretics (fluid tablets) encourage fluid loss, which can quickly lead to dehydration



Beta blockers (heart tablets) reduce the ability of the heart and lungs to adapt to stress



Opioids and sedatives can reduce awareness of physical discomfort



Amphetamines raise body temperature

For more information visit amr.net/safety