

# Medication-Associated Risk for Heat Illness

<i>Medication Class</i>	<i>Examples</i>	<i>Primary Mechanism</i>	<i>Heat Illness Association</i>	<i>Risk Level</i>
<b>Antipsychotics</b>	Haloperidol, Quetiapine	Dopamine blockade impairs hypothalamic temperature regulation	Severe heat illness, heat stroke	<b>Very High</b>
<b>Diuretics</b>	Furosemide, Hydrochlorothiazide	Volume depletion and electrolyte loss impair heat tolerance and cardiovascular compensation	Heat cramps, heat exhaustion, AKI	<b>High</b>
<b>Anticholinergics</b>	Diphenhydramine, Oxybutynin	Inhibition of sweating → impaired evaporative cooling	Heat exhaustion, heat stroke	<b>High</b>
<b>Stimulants</b>	Amphetamines, Methylphenidate	Increased sympathetic tone and metabolic heat production	Heat exhaustion, exertional heat stroke	<b>High</b>
<b>Beta-Blockers</b>	Metoprolol, Propranolol	Blunted heart rate and cardiac output response limits heat dissipation	Reduced heat tolerance, exertional heat illness	<b>Moderate</b>
<b>SSRIs/SNRIs</b>	Sertraline, Venlafaxine	Altered central thermoregulation; may cause hyperhidrosis or impaired cooling	Heat intolerance, exertional heat illness	<b>Low-Moderate</b>
<b>ACE inhibitors/ARBs</b>	Lisinopril, Losartan	Impaired renal autoregulation during dehydration; hypotension risk	Syncope, AKI during heat stress	<b>Low-Moderate</b>