

Some drugs and nutritional supplements can affect how our body tolerates heat. That's what you especially need to pay attention to.

Diuretics. These are diuretics. If you take them in severe heat, then you can encounter dehydration and violation of the electrolyte balance. Lazix (furosemide) reduces the feeling of thirst, so when taking it, drink water during the day.

ACE inhibitors. These drugs are used to treat high blood pressure and heart disease. However, they can reduce the feeling of thirst. With a combined use of diuretics and ACE inhibitors, the risk of dehydration increases. Angiotensin II receptor blockers are a similar class of drugs, which can also lead to dehydration.

Anticholinergic agents. They can affect the body's ability to sweat and adjust the internal temperature. This can lead to overheating, increase the likelihood of developing thermal exhaustion.

Beta blockers. These drugs can worsen the body's ability to cool in hot weather.

Calcium channel blockers. They increase the risk of violation of the electrolyte balance and the occurrence of fainting in the heat.

Preparations for the treatment of thyroid gland. They can increase body temperature, which is why there is a high risk of a thermal exhaustion or thermal blow in the heat.

Anticonvulsants. Such drugs can lead to a decrease in sweating, which is why you run the risk of going over in hot weather.

Antipsychotic. They can violate the regulation of body temperature and reduce sweating.

Diuretics and other medicines and dietary supplements that can be dangerous in the heat



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Antidepressants. They affect the body's ability to regulate the internal temperature and sweat.

Stimulants. These drugs can increase body temperature, which is dangerous during severe heat.

Antibiotics. They can enhance the sensitivity of the skin to the sun, which is why you can get burns.

Antifungal drugs. Such drugs, like antibiotics, enhance the sensitivity of the skin to ultraviolet.

Antihistamines. They affect how the body regulates the internal temperature.

Non -steroidal anti -inflammatory drugs (NSAIDs). When dehydrated, taking these

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drugs can cause kidney damage.

Vitamin V6. This additive can increase the photosensitivity of the skin, which is why it will become more vulnerable to the effects of the sun.

News -in -law materials cannot be equated to the doctor's prescription. Before making a decision, consult a specialist.