



John R. Kasich, Governor
Tracy J. Plouck, Director

July 2, 2012

Dear Medical Director/Program Administrator:

Re: Heat Warning

In May, we distributed the annual ODMH update on heat-related illness to help prepare for the hot weather we knew would come. We are now in the midst of a severe heat wave as well as a widespread power outage affecting hundreds of thousands of Ohioans. It is critical that we manage the risks that contribute to heat-related problems to prevent unnecessary illness and even death.

With temperatures and humidity at their current levels, everyone is at risk for heat-related illness. Individuals with mental illness and addictions, along with the very young, the elderly and those with medical problems, are at especially high risk.

During this period of extreme weather:

- Please be sure to check on patients residing in the community to be certain they have access to a cool environment and adequate liquids;
- Prior to patients discharge from hospitals and other residential treatment sites, assure that they will be going to a safe environment that will protect them from heat-related problems;
- Advise patients of the availability and location of "cooling centers" to use as respite;
- Encourage everyone to drink plenty of fluids.

Treatment staff should protect themselves in the same way, especially case managers and others who spend much of their time in the community. Like our patients, they need to keep well-hydrated and as cool as possible. Treatment providers need to stay healthy to help our patients stay healthy!

Stay cool, stay hydrated and stay safe.

Attached is the 2012 ODMH heat alert. You are encouraged to distribute this information liberally.

Sincerely,

Mark Hurst, M.D.
ODMH Medical Director

Establishing mental health as a cornerstone of overall health

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***Common psychotropic medications
that can impair the heat response***

Trade Name	Generic Name
Abilify	aripiprazole
Asendin	amoxapine
Artane	trihexyphenidyl
Aventyl, Pamelor	nortriptyline
Celexa	citalopram
Clozaril, Fazaclo	clozapine
Cogentin	benztropine
Cymbalta	duloxetine
Desyrel, Olepro	trazodone
Elavil	amitriptyline
Effexor	venlafaxine
Eskalith, Lithobid	lithium
Fanapt	iloperidone
Geodon	ziprasidone
Haldol	haloperidol
Invega	paliperidone
Lexapro	escitalopram
Lithonate	lithium
Loxitane	loxapine
Latuda	lurasidone
Navane	thiothixene
Norpramin	desipramine
Paxil	paroxetine
Phenergan	promethazine
Pristiq	desvenlafaxine
Prolixin	fluphenazine
Prozac	fluoxetine
Risperdal	risperidone
Saphris	asenapine
Seroquel	quetiapine
Sinequan, Silenor	doxepin
Stelazine	trifluoperazine
Thorazine	chlorpromazine
Tofranil	imipramine
Trilafon	perphenazine
Wellbutrin, Zyban	bupropion
Viibryd	vilazodone
Zoloft	sertraline
Zyprexa	olanzapine

****Note: This is not an all-inclusive list***

You Can Prevent Heat-Related Illness!

There are ways to stay cool when the things get hot, such as when the temperature is 85° and above, especially with high humidity.

In general:

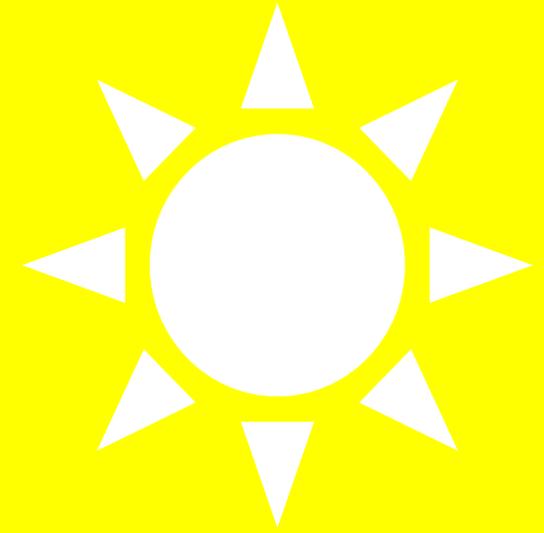
- Try to stay cool
- Eat regular meals
- Drink plenty of fluids
- Avoid coffee, tea, and alcohol

When indoors:

- Spend time in cooler rooms or air-conditioned areas. A shopping mall or library provides a cool place
- Keep windows shut and drapes closed during the day
- Open windows in the evening when the air outside is cooler
- Avoid outdoor activity during the warmest parts of the day
- Take a cool shower or bath
- Lose weight if overweight

When outside:

- Apply sunscreen
- Avoid prolonged exposure to direct sunlight
- Wear loose-fitting and light-colored clothing
- Wear a hat and sunglasses
- Be aware of your environment (For example, asphalt may be warmer than surrounding air temperature)



Heat-Related Illness In Individuals Using Psychiatric Medication 2012



**Ohio Department of Mental Health
Mark Hurst, M.D.
Medical Director**

Medication List

These medications decrease the body's response to heat:

Common Medications:

- Almost ALL psychotropic medications except benzodiazepines (e.g. anti-anxiety drugs, sedatives)
- Diuretics or water pills (e.g. furosemide hydrochlorothiazide)
- Antiparkinson medications or Anticholinergics (e.g. Artane, Cogentin)
- Amphetamines (e.g. dexedrine, Adderall)
- Beta-blockers (e.g. propranolol, atenolol, nadolol)

Street Drugs:

- Hallucinogens (e.g. LSD, psilocybin, "shrooms," others)
- Cocaine - all forms, including crack
- Stimulants (e.g. amphetamines, ephedra, "street speed", methamphetamine)
- Anabolic steroids / muscle building drugs
- "Club drugs" (e.g. ecstasy, MDMA)
- PCP ("angel dust")
- Ketamine ("K", "Special K")
- Bath salts

These drugs decrease awareness of heat-related illness. You may not know you are in danger:

- Alcohol & benzodiazepines
- Opioids (narcotic pain medications)

****Note: Other meds can affect heat tolerance. Check with your doctor or pharmacist about your medications.***

Medical Conditions and Medications Affect Body Temperature

Some medicines and medical conditions can make the body overheat, especially during hot and humid weather. When the body overheats, heat-related illness can cause death if not treated. Here are some medical conditions that can make heat more dangerous:

Heart Disease	Alcoholism
Respiratory Disease	Diabetes

Heat exhaustion is a mild form of heat-related illness. This can occur while working, playing, or resting. It may happen without warning. It may not last long. Call a doctor. Some people may need intravenous fluids so they do not lose consciousness. Heat exhaustion can happen in hot, humid weather, especially if a person does not drink plenty of fluids.

⚙ Warning Signs of Heat Exhaustion:

- Heavy sweating
- Paleness
- Muscle cramps
- Tiredness or Fainting
- Weakness, Dizziness, Headache
- Nausea, Vomiting

⚙ Treatment to do immediately:

- Move to a cooler place
- Drink water or other liquids (avoid caffeinated beverages such as coffee, soda, tea, and alcohol)
- Rest for a short time
- Take a cool shower, bath, sponge bath
- Loosen or remove clothing



Heat stroke is the most serious heat-related illness. With heat stroke, we cannot control our body temperature, so the temperature quickly rises. The body is then not able to sweat, and so cannot cool down.

Heat stroke can cause death if not treated. Some medical conditions cause greater risk when present. Heat stroke can lead to death if not treated.

⚙ Heat Stroke Warning Signs:

- Confusion, Unconsciousness, Dizziness, Nausea
- Body temperature over 103°
- Rapid, strong pulse
- Throbbing headache
- Red, hot and dry skin

⚙ Get treatment emergently!

- **Call 911 immediately. If you are in a hospital, tell the staff.**
- Loosen or remove the clothing of the heat stroke victim.
- Move the victim to a cooler spot.
- Cool the victim using cool water.
- Give the victim water to drink only if they can talk.
- Call the emergency room for more instructions if no one comes right away.