

Personal Risks

Assess your own personal risk that makes you more susceptible to heat illnesses, such as poor conditioning, acute dehydrating illnesses, chronic diseases, recreational drugs, diets and certain beverages, and some medications.

Personal Risk Factors for Heat Illness	
Poor Conditioning <ul style="list-style-type: none">• Overweight• Out of shape• Lack of Sleep	Medications* <ul style="list-style-type: none">• Allergy (antihistamines)• Cough and cold (anticholinergics)• Nausea (anticholinergics)• Blood pressure and heart<ul style="list-style-type: none">- Alpha andrenergics (pseudoephedrine)- Beta blockers- Calcium channel blockers• Diet pills (amphetamines)• Irritable bowel/ bladder (anticholinergics)• Laxatives• Mental health medicines<ul style="list-style-type: none">- Benzodiazepines- Neuroleptics (phenothiazines)- Tricyclic antidepressants• Seizures (topiramate and zonisamide)• Thyroid pills• Water pills (diuretics)
Diet and Drinks <ul style="list-style-type: none">• High caffeine energy drinks• Soft Drinks with sugar content > 6%• Low salt diet	
Drugs <ul style="list-style-type: none">• Alcohol• Cocaine• Methamphetamines• Ecstasy	
Acute Illnesses <ul style="list-style-type: none">• Stomach flu• Hang over• Fever for any reason• Extensive skin infections• Respiratory infections	
Chronic Health Conditions <ul style="list-style-type: none">• Heart Disease• Diabetes	

* Sources: Glazer JL. Heat Exhaustion and Heatstroke: What You Should Know James L Glazer. *American Family Physician*; Jun 1, 2005; 71, 11; Health Module pg. 2141 and Sucholeiki R. Heatstroke. *Semin Neurol*. 2005 Sep;25(3):307-14.