

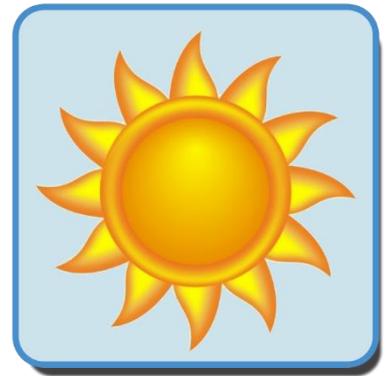
Sun Safety

Medication can increase your risk for photosensitivity or heat stroke this summer!

Sun and heat avoidance, as well as sunscreen use are keys for prevention.

We wait all winter for warm weather and sunshine to grace us with its presence. But when summer finally returns, it can present us with a unique pair of risk factors.

Specifically heat and sun exposure can put some people at increased risk for a medication side effect known broadly as “photosensitivity” a reaction between a medication and the sun.



A photosensitivity reaction can present in two ways as either phototoxicity or photoallergy.

What’s the difference?

- Phototoxicity will look like a severe sunburn on skin surfaces exposed to the sun; while
- Photoallergy will appear as an itchy red rash similar to an allergic reaction.

So what medications might put you at risk? (There’s a full list at the very bottom of this Newsletter)

Heatstroke - **which can become a serious medical emergency** - is another concern when taking certain medications, including:

- Those which narrow the blood vessels (vasoconstrictors);
- Certain blood pressure medications (beta-blockers);
- Diuretics;
- Antidepressants;
- Antipsychotics;
- Stimulants for ADHD; and
- Illegal stimulants such as amphetamines or cocaine.

Remember too that the very old and very young are at increased risk, as are people with chronic illnesses or lung disease.

Signs and symptoms to watch for

- Cramps called “heat cramps” affect the stomach arms or legs and often accompanied by excess sweating, fatigue and thirst. NOTE: Failure to hydrate the victim or move them into the shade or air conditioning can lead to heat exhaustion.
- Heat exhaustion is accompanied by headache, dizziness, nausea and clammy skin, and **IS A 9-1-1 EMERGENCY.**



Please stay alert to the signs and symptoms of photosensitivity and heat stroke this summer and review the following list of medications to assess your or a loved-one’s risk.

Type of Medication	Particular Drugs
Anti-Inflammatory Pain Medications	Celecoxib, diclofenac, diflunisal, ibuprofen, indomethacin, ketoprofen, mefenamic acid, meloxicam, naproxen, piroxicam, sulindac
Muscle Relaxants	Cyclobenzaprine
Migraine treatments	Sumatriptan
Antibiotics	Ciprofloxacin, levofloxacin, moxifloxacin, norfloxacin, ofloxacin, Doxycycline, minocycline, tetracycline, Azithromycin, metronidazole, sulfamethoxazole/trimethoprim, sulfasalazine
Anticonvulsants	Carbamazepine, gabapentin, lamotrigine, phenytoin, topiramate, valproic acid
Antidepressants	Amitriptyline, clomipramine, doxepin, imipramine, nortriptyline, trimipramine, Citalopram, escitalopram, fluoxetine, fluvoxamine, paroxetine, sertraline, Bupropion, mirtazapine, trazodone, venlafaxine
Antidiabetic Agents	Chlorpropamide, glimepiride, glyburide
Antihistamines	Cetirizine, diphenhydramine, loratadine
Antifungals	Ketoconazole, terconazole

Type of Medication	Particular Drugs
Antimalarials	Atovaquone/proguanil, chloroquine, hydroxychloroquine, quinine
Antineoplastics	Capecitabine, fluorouracil, hydroxyurea, imatinib, methotrexate
Antiplatelet	Clopidogrel
Antipsychotics	Chlorpromazine, fluphenazine, perphenazine, prochlorperazine, Clozapine, haloperidol, loxapine, olanzapine, quetiapine, risperidone, ziprasidone
Antiretrovirals	Efavirenz, ritonavir, saquinavir, zalcitabine
Antivirals	Acyclovir, amantadine
Cardiovascular drugs	Chlorthalidone, hydrochlorothiazide, indapamide, metolazone, Furosemide, spironolactone, triamterene, Amlodipine, captopril, diltiazem, enalapril, hydralazine, labetalol, methyldopa, nifedipine, quinapril, ramipril, sotalol, valsartan, Atorvastatin, fluvastatin, lovastatin, pravastatin, simvastatin, Acetazolamide, amiodarone, fenofibrate
Hormones	Oral contraceptives, corticosteroids
Miscellaneous	Chlorhexidine, gold salts, leflunomide, mesalamine, ranitidine
Sedative/Hypnotics/ Anti-anxiety	Alprazolam, chlordiazepoxide, zolpidem
Skin Agents	Acitretin, benzocaine, coal tar, hexachlorophene, isotretinoin, methoxsalen, minoxidil, tacrolimus, tazarotene
Vitamins	Vitamin B ₆ , Vitamin A

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