

BROADCAST- Summer heat can affect medications, pharmacist warns

ANCHOR INTRO:

As summer temperatures climb, the heat isn't just tough on people — it can also damage your medications. Pharmacists say improper storage can reduce a medication's effectiveness and even increase health risks.

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As temperatures rise, pharmacists say it's important to protect your medications from the heat.

OSF HealthCare pharmacist Lisa Heiken says extreme temperatures can damage both prescription and over-the-counter medications, especially those that require refrigeration. She also recommends storing medications in a cool, dry place instead of a humid bathroom medicine cabinet.

And when picking up prescriptions, don't leave them sitting in a hot car.

SOT-Lisa Heiken (pronounced HI-kun)

"Like leaving your child in the car, same with your medications. Your medications can be affected, even by short times in extreme temperatures so we do recommend that if you're stopping by the pharmacy that you make your next stop at home, especially if you have refrigerated medications." (:16)

Heiken says if medication is accidentally left in a hot vehicle, call your pharmacist before throwing it away.

She also points out that some medications such as pills for high blood pressure or antibiotics and acne medication can increase the risk of dehydration or make skin more sensitive to the sun.

The bottom line: proper storage, staying hydrated and understanding your medication's side effects can help keep you safe this summer.