

TRANSCRIPT OF MEDIA- Summer heat can affect medications, pharmacist warns

Lisa Heiken (pronounced HI-kun), OSF HealthCare pharmacist

Although medicine cabinets are common, Heiken the humidity created by showers can break down tablets and capsules over time.

"A lot of bathrooms unfortunately do have medicine cabinets, and we don't recommend you leave medication in the medicine cabinet as those rooms tend to have high humidity and the humidity is what breaks down medication." (:12)

Medications should never be left in a hot vehicle while people shop or eat after picking up prescriptions.

"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)

Beyond proper storage, some medications can make people more susceptible to heat-related illnesses.

"A lot of heart and blood pressure medication can cause people to become dehydrated faster or dizziness as a side effect in general and so when you add heat and dehydration on top of that, that obviously will compound that problem," Heiken explains. (:17)

Heiken says don't blow off the counseling available from the pharmacist when you begin taking a new medication.

"Opting into the counseling will allow you to better understand your medication and prevent future issues like dehydration and dizziness." (:10)