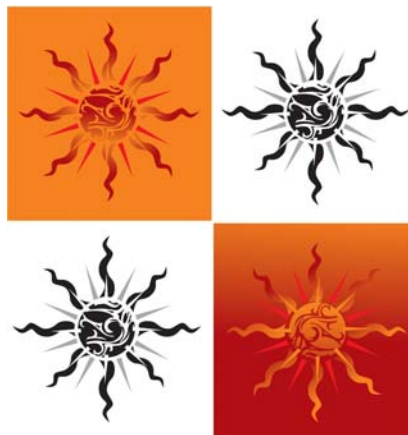


Are You At Risk for Health Problems Caused by Heat?

About 200 Americans die of health problems caused by heat and humidity each year.

Most of them are age 50 or older.



Physical changes that happen as people age cause them to be at higher risk for developing these health problems.

- Older adults are **unable to cool down** as well as younger adults.
- Older adults **may not feel hot**, even when the temperature is high.
- Older adults are **less likely to feel thirsty**, even when their bodies are already dehydrated.

Some diseases that are common among older adults, such as **heart disease** and **diabetes**, can increase the likelihood of health problems caused by heat.

Certain drugs, including **water pills**, **allergy and sinus medications**, and **drugs for depression and nerve problems**, can also put older adults at higher risk of problems.