

## Training Tip #11 Medications While Training

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Exercise can potentiate the effects of medications and increase possible side effects. Discuss your current prescription and over-the-counter medications with your primary care physician, even if you take them only as needed. The following medications can be especially affected by a 20-, 40- or 60-mile walk.

**Blood Pressure Medications:** Diuretics (hydrochlorothiazide, lasix, furosemide) may cause electrolyte imbalances, dehydration and potentiate the risk for heat illness. Discuss stopping your diuretic, decreasing the dosage or changing the medication during the Susan G. Komen 3-Day®.

**Anti-inflammatory Medication:** May cause gastrointestinal irritation such as heartburn, diarrhea or even stomach bleeds. They can also cause kidney injury and lower leg swelling. The stress of exercise can increase these side effects. Do not exceed the recommended dosage of 2 tablets of Ibuprofen (400 mg. every 8 hours) or 1 tablet of Naprosyn (225 mg. every 12 hours).

**Diabetic Medication:** Insulin and sulfonylureas, which increase insulin in the body, can increase the risk of lower blood sugar during and after exercise. Know the signs and symptoms of low blood sugar (shakiness, blurred vision, difficulty walking or problems concentrating). Be prepared for low blood sugar by carrying 15 grams of carbohydrate with you when you exercise (2 glucose tablets, 1 small box of raisins or 5 lifesavers). Test your blood sugar before and after exercise. If it is less than 100 mg/dl before exercising you may need to eat 15 grams of carbohydrate. Estimate an expenditure of 100 cal/mile and plan your medications and food accordingly. If you experience low blood sugar, talk to your doctor about changing your medication or food needs.

**Diet pills or Energy pills:** Most diet medications are stimulants that contain pseudoephedrine, phenylephrine and/or caffeine. Even “herbal” products may contain Ma Huang, ephedra or derivatives of caffeine such as guarana. These drugs will increase your heart rate, heart palpitations and dehydration. None of these medications have shown any long-term weight loss effect. Avoid taking these drugs while training for the Komen 3-Day.

**Antibiotics:** Certain antibiotics (Doxycycline, Minocycline, Tetracycline, Accutane) may increase your risk of sun sensitivity. Be sure to use extra sun block that has zinc oxide or titanium oxide as its active ingredient and also wear a wide brimmed hat.