

# TESTIMONIALS

## WHAT PEOPLE WITH MS ARE SAYING ABOUT BODY COOLING

*"I have MS and used my vest for the first time this past week when the temperature was 107 degrees. The vest saved the day. It made a huge difference and allowed me to stay outside hours longer than I would have without it."*

- Debbie in Tennessee

*"I was recently diagnosed with Relapsing-Remitting MS. This [Kool Max® Zipper Front] vest has really opened opportunities for me to be active and have fun in the summertime. This summer has been extremely hot (many 90 degree days) but I've gone canoeing, kayaking, gardened, archery/range, BBQs, etc. with NO heat fatigue - yay!"* - Kate in Michigan

*"I have MS and can't take hot weather. Now that I have the Kool Max® vest I can be out. I did not think this would do the trick. But it keeps my body cool enough to go outside on hot days. Everyone who is heat-sensitive should have one."* - Ron in Ohio

*"Wow! What a difference the cooling vest has made in my life! So many things that I can do now... The cooling vest has bought me a new lease on life with MS!"* - Nancy in Texas

## COOL & FIT

Exercise is not just an essential tool to remain healthy; it can also help alleviate MS symptoms.

In a University of Utah study, individuals that participated in 40 minutes of aerobic exercise three times a week benefited from: better cardiovascular fitness; improved strength; less fatigue and depression; increased participation in social activities; better bladder and bowel function; and a more positive attitude.

Source: National MS Society



Take a look at Polar's top five cooling products for fitness and sports:

1. CoolFit®Kit
2. Cool Comfort® Performance Vests
3. Wheelchair Cooling Seat Cushion
4. Cool58®Phase Change or Cool Comfort® Baseball Cap
5. Kool Max®and Cool58® Wrist and Ankle Wraps

### ALSO AVAILABLE FROM POLAR PRODUCTS:



#### COOL FLOW® HEAD CAP CIRCULATING COLD WATER SYSTEM

Provides cold therapy to the head by continuously circulating cool water throughout the cap's high-flow cooling water lines.

#### MIGRAINE & HEADACHE / SINUS & EYE PAIN RELIEF KIT

Includes a Soft Ice® head and jaw wrap (#HB), an extra Soft Ice® pack, and a Thera-Temp® Moist Heat Eye & Sinus Wrap (#MHE - shown right).



## BODY COOLING FOR PEOPLE LIVING WITH MULTIPLE SCLEROSIS



## HEAT & MULTIPLE SCLEROSIS

Signs and symptoms of MS vary widely and depend on the amount of nerve damage and which nerves are affected. **Small increases in body temperature can temporarily worsen signs and symptoms of MS**, but these aren't considered true disease relapses.

Source: Mayo Clinic

### BENEFITS OF COOLING AND BODY COOLING PRODUCTS

Studies have shown that cooling the body can help lessen the negative effects of heat and improve the quality of life of people living with multiple sclerosis.

*"Cooling therapy is generally well-tolerated, and limited research studies have shown possible benefits for some MS-associated symptoms. The symptoms that may improve from cooling include weakness, spasticity, tremor, incoordination, walking difficulties, fatigue, visual difficulties, speech disorders, cognitive difficulty, urinary difficulties, and sexual difficulties."*

Source: MS Neurologist Dr. Allen Bowling



## PRODUCT AND EDUCATION GUIDE

SEE OUR COMPLETE PRODUCT LINE AT [POLARPRODUCTS.COM](http://POLARPRODUCTS.COM)



Polar Products is a family-owned company with over 35 years of experience manufacturing effective, high-quality and affordable body cooling garments.

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# TYPES OF BODY COOLING FOR MS

Each person's MS is unique and there is no "one size fits all" choice for body cooling. There are many different types of body cooling garments available, and the best choice for you depends on YOU, your environment and your individual needs. Read this guide to learn more!

Please note: The information in this brochure is a guide and should not take the place of a medical consultation. Always discuss symptom management with your healthcare provider.



## ADJUSTABLE ZIPPER VEST

Kool Max®: \$133.75+  
Cool58®: \$185.75+

## FITTED FASHION VEST

Kool Max®: \$143.25+  
Cool58®: \$175.75+

## KOOL MAX® COOLING PACK VESTS AND ACCESSORIES



Frozen water-based cooling packs fit into insulated pockets in vests and accessories.

**COOLING TIME:** Up to 3-4 hours in any climate.

**WEIGHT:** 1.5 lbs. to 5.5 lbs.

**BEST FOR:** Any environment with access to a freezer. Highest level of cooling for pack-based vests and accessories.

The most common choice for MS cooling!

**COOL TIP:** Cooling vests should fit snug to the body for optimal cooling. Find a vest that varies the amount of packs in proportion to the wearer's size.

## COOL58® COOLING PACK VESTS AND ACCESSORIES



Phase-change cooling packs fully-charge (freeze) at a moderate temperature (58°F / 14.4°C) and cool at this constant temperature.

**COOLING TIME:** Up to 2-3 hours in any climate.

**WEIGHT:** 2 lbs. to 5.5 lbs.

**BEST FOR:** Travel, no freezer access, and when moderate cooling is desired. Packs can be activated in 20 minutes in ice water or a bit longer in a refrigerator.

**COOL TIP:** All of Polar's cooling vests are compatible with either Kool Max® or Cool58® cooling packs. Our "Home and Away" kits include a set of both!

58 degrees is the perfect temperature for our bra and breast cooling products, as well as our hats.



## NECK / HEAD WRAPS

Kool Max®: \$32.88+  
Cool58®: \$24.35+



## HATS (MULTIPLE STYLES AVAILABLE)

Cool58®: \$32.73+  
Cool Comfort: \$16.75+

## SAVE MONEY WITH A COOLING KIT!

Kool Max® and Cool58® available.



## COOL COMFORT® VESTS AND ACCESSORIES



Advanced water-activated technology is charged by soaking in cool water. The vest will cool the body through evaporation.

**COOLING TIME:** Many hours in low humidity.

**WEIGHT:** Control the weight by limiting the time soaked in water.

**BEST FOR:** Low humidity environments and outdoor exercise. No freezer required.

**COOL TIP:** Allow the vest to dry to the touch.

Additional cooling may be obtained by placing the vest in a freezer before wearing it.

## COOL FLOW® CIRCULATING COLD WATER SYSTEMS



Ice water is pumped from a cooling reservoir through insulated water lines sewn into a vest or accessory.

**COOLING TIME:** Extended periods of time; add ice to reservoir as needed.

**WEIGHT:** Less than 1 lb. with water in the lines.

**BEST FOR:** The highest level of deep core-body cooling. Effective for cooling wheelchair seats when a battery pack is ordered with the system.

This system does require power and is the most expensive. This system is sometimes prescribed by a doctor for therapy.



Polar Products provides natural, drug-free relief from the heat!

Visit [polarproducts.com](http://polarproducts.com) to see our full line of body cooling technologies. For customer service, call 800.763.8423.

POLAR'S BEST SELLERS