

MS & COOLING

Each Person's MS is Different

A rise in temperature can cause some people with multiple sclerosis (MS) to experience a temporary worsening of symptoms. This can happen when physical or environmental factors cause a rise in body temperature.

A recent study showed that:

“... After body temperature had dropped about one degree C, participants improved on tests of coordination, balance, and in the ability to sustain physical activity. We concluded that cooling is an appropriate therapy for people with MS heat-sensitivity.”

Kraft, M.D., George. “Rehab News: Beat the Heat!” Momentum 3.4 (2010).
www.nationalmssociety.org/magazine.
National Multiple Sclerosis Society. Web.
July-Aug. 2010.

There are many different types of cooling products available.

This guide may help you choose the most effective products and best value for your individual needs.

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

Testimonials

what people with MS are saying

“Having a cold pack vest changed my life! I ride horses, and I was actually able to show on an 85 degree day! Now I don't have to plan around the weather to compete. Thank you!”

Carolyn in Pittsfield, ME

“I am extremely heat sensitive and cooling products are a big help. I look forward to next spring, so that I can return to gardening.”

Lisa in Dayton, OH

“The cooling vest is great. I can now function better. Today it was 106 degrees in the shade and I felt so much better, less like melted jello.”

Ray in Los Angeles, CA

“I absolutely love my vest! It allows me to go outside and enjoy life more than I did before.”

Kayla in Vermillion, SD

“Wow! What a difference the cooling vest has made in my life! So many things that I can do now... gardening, craft shows, church events, family barbecues... The cooling vest has bought me a new lease on life with MS!”

Nancy in Dallas, TX

“The cold pack vest is a lifesaver during hot weather!”

Irv in Winnipeg, Manitoba

“I love my cooling vest. I have had MS for many years and I love to bowl. I now wear this vest while bowling and it works great.”

Eunice in Mesa, AZ

Heat-Sensitivity & Multiple Sclerosis



MS & Cooling An Educational Guide

This brochure is provided by Polar Products Inc. To request a catalog, visit www.polarproducts.com or call 1-800-763-8423

An Educational Guide
to MS and Body Cooling

Frozen Cooling Pack

Frozen water-based cooling packs fit into insulated pockets in vests and accessories. Most common choice for people with MS.

- Will cool for up to 3-4 hours in any climate
- Discreet – can be worn beneath clothes
- Most cost-effective cooling
- Requires access to freezer



Hybrid Technology

Combines the advantages of frozen water-based and water-activated cooling.

- Will cool for many hours when activated with water
- Can be frozen for a higher level of cooling for up to 2 hours in any climate
- May be worn beneath clothes



Phase Change Cooling Pack

Cooling packs freeze at a moderate temperature (around 58° F) and cool at this constant temperature.

- Freezer optional. Can be activated in ice water or the refrigerator
- Will cool for up to 2-3 hours in any climate
- Generally higher cost, higher weight and less cooling



Flexible and Soft Quick Cooling Pack

Stays soft when frozen for short-term cooling.

- Ideal for pre-cooling, post-cooling or cooling during activity.
- Offers up to half an hour of cooling relief



Water-Activated Evaporative Cooling

Garments are designed to be briefly soaked in water, causing a natural cooling effect as it evaporates.

- Inexpensive and lightweight choice
- Will cool for hours on low-humidity days or climates
- Less effective in higher humidity



Circulating Cold Water System

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

- High-end core body cooling system
- Consult a medical professional for a recommendation
- Most expensive cooling system, requires power and is tethered to a cooler

