



National  
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Society

## SUMMER ENERGY AND COOLING RESOURCES

### COOLING GARMENTS

<b>PROVIDER</b>	<b>CONTACT INFORMATION</b>
<p><b>Akemi-Body Cooler</b> Provides cooling products such as cooling vests, visors, neck and bra inserts</p>	<p>1-800-209-2665 <a href="http://www.bodycooler.com">www.bodycooler.com</a></p>
<p><b>Multiple Sclerosis Association of America (MSAA)</b> The MSAA Cooling Equipment Distribution Program provides special cooling apparel at no charge to individuals with MS. "Active Suits" have a separate cooling unit that circulates cool liquid through a vest and cap worn by the user. "Passive" cooling apparel includes vests, collars, bandanas, and wristbands that either hold cool inserts or contain special material that remains cool for up to two hours. Catalog can be viewed and application can be downloaded online or call for more information</p>	<p>1-800-532-7667 <a href="http://www.msassociation.org">www.msassociation.org</a></p>
<p><b>Polar Products Inc.</b> Products include various cooling garments including cooling vests. Offers discounts for members of MS Society. Please mention you've been referred.</p>	<p>1-800-763-8423 <a href="http://www.polarsoftice.com">www.polarsoftice.com</a></p>
<p><b>Steele Body Cooling Comfort Systems</b> Offers the SteeleVest Body Cooling Comfort System.</p>	<p>1-888-783-3538 <a href="http://www.steelevest.com">www.steelevest.com</a></p>
<p><b>Arctic Heat USA</b> Offers an MS cooling vest that weighs less than 2.2 lbs fully activated; a stylish lightweight Arctic Heat Cool Vest. Cool vest is more convenient than an ice bath and allows more mobility than some of the heavy ice vests which are on the market.</p>	<p>201-829-0026 <a href="http://www.arcticheatusa.com">www.arcticheatusa.com</a></p>
<p><b>CoolVest.com</b> RPCM® Cooling Vests are a popular means of cooling the body; maintain a comfortable 59°F (15°C</p>	<p>1-800-482-0533 <a href="http://www.coolvest.com">www.coolvest.com</a></p>



## AIR CONDITIONING UNITS

<b>PROVIDER</b>	<b>CONTACT INFORMATION</b>
<b>Compact Appliance/Living Direct</b>	1-800-297-6076 <a href="http://www.compactappliance.com">www.compactappliance.com</a> Contact: Blake
<b>Triton Air</b>	949-492-0290 <a href="http://www.tritonair.net">www.tritonair.net</a> Contact: Mike Nicolai

## UTILITY COMPANIES

**For information on programs or special discounts that can save you money on your energy bill, contact your local energy utility company.**

<b>SDG&amp;E</b>	1-866-597-0597 or <a href="http://sdge.com/energyteam">sdge.com/energyteam</a>
<b>Southern California Edison</b>	1-800-684-8123 or <a href="http://sce.com">sce.com</a>
<b>Southern California Gas</b>	1-800-427-2200 or <a href="http://socialgas.com">socialgas.com</a>



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## You Can...Beat the Heat

**You don't have to be defeated! Learning to minimize the effects of heat is the key.**

Overheating can aggravate a multitude of symptoms. Increased fatigue, weakness, and visual disturbances are just a few of the problems that may occur when the body's interior temperature rises.

This may happen when the mercury climbs on a hot summer day. It can also occur during exercise or exposure to any hot environment anywhere.

### **Some common minimizers are:**

#### **Drink plenty of fluids.**

- Water is the fluid of choice.
- Drinking cool water can help keep you cool.
- Avoid caffeine as this acts as a diuretic.

#### **Use fans, air conditioning, even hand-held spray bottles.**

- Air-conditioners can be tax-deductible with a document from your physician.

#### **Exercise in a cool environment.**

- If you are exercising outside, pick the cooler times of the day, usually early morning or evening.
- If exercising inside, using air conditioning or a fan can help maintain body temperature at an appropriate level.
- Exercising in cool water (recommended temperature 80-84 degrees) is an excellent way to combat heat during physical activity.

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**Wear commercial cooling garments such as vests, headbands and neckbands — many athletes use them.**

- A simple damp towel can be helpful, if you do not have one of these products.
- Traditional wide brimmed hats and light-colored loose clothing also help.

**Try “pre-cooling” to decrease the heating effects of exercise. Pre-cooling may increase the time it takes for the core body temperature to rise.**

- Get into a bathtub of cool water. The water temperature should be comfortably lukewarm to start. Continue adding cooler water over a period of 20-30 minutes.
- Submersion of the upper body in cool water will provide the optimal benefit.

**A cool bath or shower can also help reduce core body temperature following activity or exposure to a hot environment.**

So, don't be discouraged by the heat of the summer months. Find the strategies that work best for you, because YOU CAN beat the heat!

*Contributing editors: Brian Hutchinson, PT, President, The Heuga Center; InsideMS Magazine.*