



POLAR Products

MS Newsletter, Spring & Summer 2018

Cooling for Every Body



BODY COOLING: A Complimentary Alternative Medicine (CAM)*

*Bowling AC. Complementary and Alternative Medicine and Multiple Sclerosis. New York: Demos, 2007, pp. 76-79.

Effects of Temperature on MS Symptoms

A study published by the Journal of Neurological Sciences found that over 80% of MS patients develop a full range of neurological signs during hyperthermia.¹

Symptoms include:²

- Numbness in limbs
- Partial or complete loss of vision
- Lack of coordination
- Inability to easily move limbs
- Dizziness
- Fatigue

These symptoms are temporary and studies have shown that utilizing body cooling can reduce or prevent these symptoms from occurring.³



How Cooling Reduces/ Prevents MS Symptom Flares from Increases in Body Temperature³

- Improvement in muscle strength, fatigue, and balance.
- Improvement in weakness, gait, ability to think clearly, and ability to recover quickly.
- Reduces MS tremors
- Precooling before exercise prevents gains in core temperature allowing for greater physical comfort during exercise.

Sources listed on back cover.

Polar Products Inc. is the leading worldwide manufacturer of high-quality, effective and affordable body cooling products for people with multiple sclerosis (MS). Learn more about our company and products at www.polarproducts.com.

PASSIVE vs. ACTIVE COOLING

There are many different types of body cooling technologies. Your clients can choose between passive and active cooling systems. Help them understand the differences and advantages of each!



"I have MS and I work from my home. My office is about 10° warmer than the rest of the house. With temperatures in the 90s outside lately, my **Kool Max® Fashion Vest** has really helped keep me cool and reduced fatigue while I work!" – Jill in NJ



WHAT IS PASSIVE COOLING?

Passive cooling does not rely on a power source to cool, but rather cools through the use of reusable cooling packs. A snug fit is essential for effective cooling. Advantages of passive cooling vests and accessories include a lower cost, greater mobility and lighter weight than active cooling systems. Polar offers a wide variety of cooling pack vests and accessories.



FINANCIAL ASSISTANCE

Polar Products is a Proud Supplier for MS Non-profit Cooling Programs!

The **MULTIPLE SCLEROSIS FOUNDATION (MSF)** offers a seasonal cooling program. MSF offers a variety of cooling vests and accessories, including the following Polar kits:

- **FASHION COOLING VEST AND NECK WRAP** for men or women with the client's choice of Kool Max® or Cool58® Packs. Vest sizes are available in Small through 4XL. Men's vests are available in Black or Khaki. Women's vests are available in Black, Khaki, Pink, or Light Blue.
- **NEW! COOL58® PHASE CHANGE COOLING ACCESSORIES KIT** includes choice of hat, neck wrap and pair of wrist wraps. Neck wraps are available in a selection of colors. Hat choices include straw hat or baseball cap.



For more information: Call MSF at 1.888.MSFOCUS (673.6287) or visit www.msfocus.org/Cooling-Program.aspx

ACTIVE COOLING VESTS FOR RESEARCH STUDIES

Polar has supplied circulating water cooling vest systems for research studies to a wide variety of universities and hospitals worldwide, including Harvard University, Vanderbilt University, Johns Hopkins Medical Institute, Massachusetts General Hospital, University of Roehampton in London, University of Copenhagen, and Hôpital Européen Georges-Pompidou in Paris. Please contact us if we can assist your institution with your research! E-mail polar@polarproducts.com or call **1.800.763.8423**.



WHAT IS ACTIVE COOLING?

Our Cool Flow® active cooling system utilizes a 12 Volt DC pump to circulate cold water around the body. Active cooling offers the advantage of consistent and lightweight cooling. Polar offers Cool Flow® circulating water cooling vest and seat systems which can be completely customized to meet individual needs.

"I am 39 years old and have multiple sclerosis. Eight years ago my condition made it impossible for me to continue my working life. Until recently one of the most difficult symptoms of my MS was intolerance to heat. If the temperature is over 70 degrees I become very fatigued, my vision worsens and my speech becomes difficult. I had heard of "active and passive" cooling therapy as a non-drug treatment for these symptoms. I have had my **Cool Flow® Vest** for several months now and honestly don't go a day without using it! The system is so easy to use. Just add water, some ice and turn it on. Instant relief! The amount of cooling can be adjusted easily and with the battery pack I can take it with me anywhere and be in total comfort. To everyone who may suffer from heat intolerance, this is THE product that will help. I wholeheartedly recommend this system from Polar Product, Inc." – Avigdor in NC

We provide cooling garments for the outstanding cooling programs offered by national MS non-profit organizations. Clients with MS who meet financial eligibility guidelines for the MSAA and MSF Cooling Programs can receive our cooling vests and accessories at no cost! We also offer discounts for clients who are referred to us by their MS Healthcare Professional.

The **MULTIPLE SCLEROSIS ASSOCIATION OF AMERICA (MSAA)** offers year-round cooling programs for adults, teens and children. Polar supplies the following kits:

- **COOLFIT® KIT (Option B)** includes lightweight wraps for the torso, neck, wrist and ankles. Ideal for an active, on the go lifestyle.
- **KOOL MAX® ZIPPER VEST AND NECK WRAP (Option C)**
A cooling vest must fit snug to the body for optimal cooling. One size vest cannot fit all! Our Kool Max® Zipper Vest is available in size Small/Medium up to size 2XL/3XL! Color options include Blue, Khaki, Black, Pink, and Light Blue.
- **CHILDREN'S COOLING VEST AND NECK WRAP**



For more information: Call MSAA at 1.800.532.7667 or visit www.mymsaa.org/msaa-help/cooling/



FREE Educational Literature and Product Samples

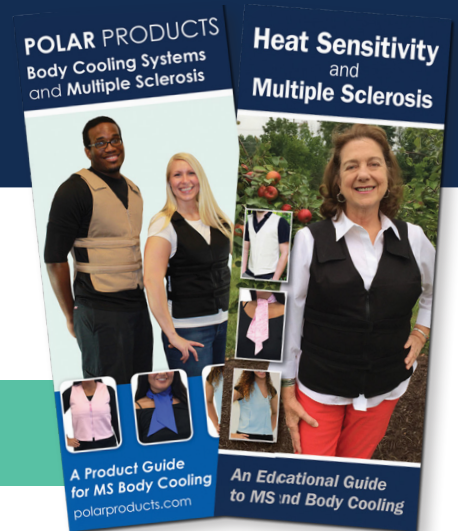
EACH PERSON'S MS IS DIFFERENT

It is important for your clients to choose the right type of cooling garments to meet their unique needs. Our informational materials can help your clients make informed choices about body cooling.

La literatura educativa gratuita de Polar ya está disponible en español. ¡Consiga la suya hoy junto con una muestra gratis!

THERE IS NO "ONE SIZE FITS ALL" CHOICE FOR COOLING

We are happy to send sample vests and accessories to your clinic or organization for your clients to see first-hand. Qualifying clinics and organizations: fax or e-mail the order form inside to request educational literature for your clients and FREE cooling vests for demonstration! Additional copies of this newsletter are available upon request.



Did you know that VA Hospitals will provide Polar's body cooling vests and hot/cold therapy products at no cost to veterans? Polar Products is a proud supplier to VA Hospitals and MS Centers of Excellence nationwide. Our body cooling garments are used by veterans with multiple sclerosis, amputees and others with various heat-sensitive medical conditions. **GSA Contract Holder: FSS #797D-30220**

Come visit our booth as we attend our 14th consecutive year of the CMSC Annual Meeting at the Music City Center in Nashville, TN, May 30th-June 2nd, 2018.

HOT & COLD THERAPY FOR PAIN MANAGEMENT

Polar Products is well-known in the MS community for our body cooling systems, but did you know that we are also a leading manufacturer of hot and cold therapy products? We offer reusable cold/hot packs and microwaveable moist heat wraps in addition to a circulating cold water system for post-surgery pain relief. These therapy products can provide effective drug-free pain relief for musculoskeletal pain, chronic pain and other discomforts that people with MS often experience. **FSA available for select therapy products.**

Sources from front cover:

1. Capello, E, Gardella, M, Leandri, M, Abbruzzese, G, Minatel, C, Tartaglione, A, Battaglia, M, Mancardi, G. Lowering body temperature with a cooling suit as symptomatic treatment for thermosensitive multiple sclerosis patients. Italian Journal of Neurological Sciences 1995,(8):533-9.
2. Watson, C. Effect of Lowering of Body Temperature on the Symptoms and Signs of Multiple Sclerosis. New England Journal of Medicine 1959, 261:1253-1259).
3. Skok, Christopher J., "White Paper: The Effects of Cooling on Multiple Sclerosis." Indiana University. Bloomington. June 16, 2014.<http://www.activemss.org/effctsofcoolingonms.html>.



POLAR Products Inc. 3380 Cavalier Trail • Stow, OH 44224
Phone: 800.763.8423 • Fax: 330.253.4233 • E-mail: polar@polarproducts.com
See all of our body cooling and therapy products at www.polarproducts.com.

