

GIVING

hope

*“Never believe that a few caring people can’t change the world. For, indeed, that’s all who ever have.”*

– Margaret Mead

HAVE AN INSPIRING QUOTE YOU WANT TO SHARE?  
Email us at [msclinic@smcne.com](mailto:msclinic@smcne.com)

## Heat Sensitivity Solutions For You

A symptom associated with MS is heat sensitivity. This occurs when MS symptoms are temporarily exacerbated by increases in body temperature. This could include an increase from fever, exercise, or inability to manage environmental temperature changes. Worsening of symptoms as a result of being overheated is known as Uhthoff’s phenomenon. This occurs in approximately 60-80% of people with MS.

People can experience worsening of their MS symptoms with even a slight elevation in core body temperature. This is known as temperature-induced pseudo-exacerbation (temporary symptom flare-up). MS damages the protective sheath around nerve cells in the brain and spinal cord. This damage results in the slowing of nerve signals, so your body may not always respond the way it should.

Heat can slow these signals even more, causing symptom changes.

Some people may experience worsening symptoms they have had before such as pain, weakness, cognitive changes, problems with focus and memory, fatigue, blurred vision, balance problems, changes in bowel and bladder function, and tremors.

The good news is heat-related symptoms aren’t harmful. Once you cool down and the body temperature returns to baseline, symptoms should return to normal. The amount of time it takes for symptoms to resolve varies for each person. Fortunately, no damage such as inflammation, loss of myelin, or new lesions occurs during these episodes. If your symptoms do not resolve after 24 hours, please contact the MS Clinic to make an appointment.

*(Continued)*



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*Be Well.*



# Heat Sensitivity Solutions *(cont'd)*

## Tips on how to avoid and manage heat-induced pseudo-exacerbations:

- **Exercise safely**—if exercising outdoors, do so in the early morning or the evening when the weather is cooler. You may also try wearing loose-fitting breathable clothing, swimming in an unheated pool, and wearing a cooling collar or vest for exercise.
- Avoid taking hot showers or baths.
- Take a cool bath or shower to help reduce your core body temperature following heat exposure.
- Keep your house cool using air conditioning, fans, and curtains to block sunlight.
- Stay hydrated by drinking cool beverages (*alcohol may cause dehydration, resulting in worsening of symptoms*).

The National MS Society has a great article on **heat and temperature sensitivity** which can be found at the link below. It includes strategies for easing the

effects of heat, resources, and links to additional helpful articles. <https://www.nationalmssociety.org/Living-Well-With-MS/Diet-Exercise-Healthy-Behaviors/Heat-Temperature-Sensitivity>

Take advantage of the available resources. The **National MS Society 2022 Cooling Equipment Information & National Vendor** list includes assistance programs, discounts, vendors, and products that help make managing heat intolerance easier. <https://www.nationalmssociety.org/Programs-and-Services/Resources/Cooling-Equipment-Information>

**The MSAA Cooling Distribution Program** offers cooling vests and accessories for individuals diagnosed with multiple sclerosis. If you meet the criteria, you may qualify for cooling products at no cost. You can access these services at MS Association (MSAA): 800-532-7667 or [mysaa.org/msaa-help/cooling-products/](http://mysaa.org/msaa-help/cooling-products/)



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## Today's tips—

- **We are always accepting new patients!** Call 402-443-1456 to schedule an appointment, or to speak to a nurse. Our facility provides comprehensive services and personalized care—including an onsite infusion center, MRI, laboratory, and additional services—which make it easy for patients to receive all their care in one stop.
- We pride ourselves on ease of access to our facility with convenient parking. If assistance is needed getting into the facility, our nurses are happy to help! Just give them a call at 402-443-1456 or 402-443-4191 ext. 533 when you get here.
- When you arrive for your visit, after checking in at registration, we ask that you please stop

by room 510, where the clinic nurse is located and she will direct you where to go from there. The nurse will be happy to help you make a follow-up appointment and address any additional needs you may have before leaving the office.

- Our **after hours Nurse Care Line is available for urgent needs at 402-443-1448**. Please call 911 or your local ER in the case of an emergency.
- Call Janet at 402-443-4191 ext. 533 with any change in your medical or prescription insurance between visits to avoid delays.
- Patient safety is a high priority. Going forward, patients taking controlled substances prescribed by our clinic providers will be required to be evaluated by a provider every 3 months. This evaluation can occur in a short telehealth or clinic visit.
- Your experience at Saunders Medical Center is important to us. If you have any suggestions on how to improve your experience at Saunders Medical Center and the MS Clinic, please let us know.



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