




Welcome to today's webinar:

Coping with the Heat

Presenter: Annabelle Brodksy
Facilitator: Andrea Salmon

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Acknowledgement





We acknowledge and pay respect to the traditional custodians past and present on whose lands we meet today.

We acknowledge the deep feelings of attachment and the relationship of Aboriginal people to country and respect the cultural authority of the elders in each community.

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Today's Presenter 




Annabelle Brodsky is an Occupational Therapist who has worked with MS for several years as an Employment Support Consultant in the Employment Support Program. Annabelle now works within the NDIS team as an Occupational Therapist assisting clients to be independent in their everyday life.

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How do you feel when it's hot?



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The 'Hot Bath' Test



For many years, the "Hot Bath" test was used to diagnose MS.

A person suspected of having MS was immersed in a hot tub of water, and the appearance of neurologic symptoms or their worsening was taken as evidence that the person had MS.



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Body Physiology



To maintain core temperature in a healthy range, we first vasodilate and then we sweat.




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Heat Sensitivity / Temperature Intolerance MS

When myelin is damaged, nerve impulses find it much harder to travel the length of the nerve. Messages may still get through but may be slow or distorted. When things get too warm, these damaged nerves find it even harder to get message through.



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What does it feel like? MS

Heat intolerance is felt as increased symptoms, such as:

- Decreased cognitive function
- Numbness in the extremities
- Fatigue
- Blurred vision
- Tremor
- Weakness

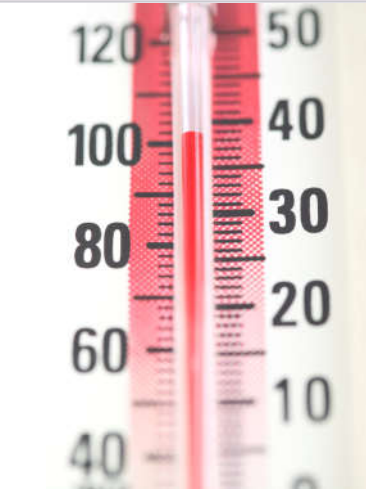



Can be referred to as [Uhthoff's sign](#)

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Heat Related Symptoms can be Temporary








- Temporary worsening of symptoms
- Rapid reversal when temperature cools

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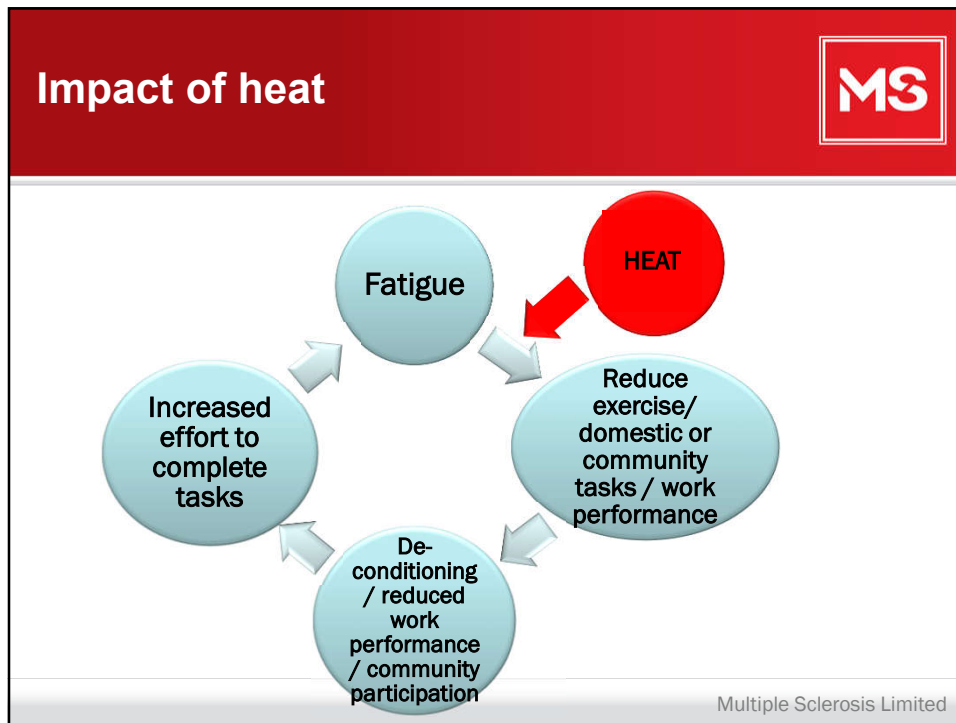
Causes



Hot Weather
Exercise
Running a temperature
Hot drinks
Hot shower
Diurnal Rhythms

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A red slide with the MS logo in the top right corner. The slide contains the text "Tips and Tricks" and "How to manage heat intolerance" in white font. There are white corner brackets in the top-left, top-right, bottom-left, and bottom-right corners of the red area.

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Plan your Activities


- Plan your day/week
- Balance your activities
- Spread out tasks



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Air conditioning and concessions



- Medical Cooling Concession
- Essential Medical Equipment Payment
- MS Financial Assistance program
- Employment Support Service
- Mobility Allowance (Not with NDIS)

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Useful Gadgets

MS

Helps with evaporation especially when not sweating enough.



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The slide features a red header with the text 'Useful Gadgets' and the MS logo. Below the header, the text 'Helps with evaporation especially when not sweating enough.' is centered. Underneath the text are four images: a handheld fan, a spray bottle, a folded towel, and several ice cubes. The footer contains the text 'Multiple Sclerosis Limited'.

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MS







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The slide features a red header with the MS logo. Below the header is a photograph of four women sitting at an outdoor table, engaged in conversation. The footer contains the text 'Multiple Sclerosis Limited'.

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Cooling Products 

Cooling Vests	Cool Hats
Cooling Neckties	Cooling Towels
Bed Pads	Pillows



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Cooling Products 

Evaporative Cooling Baseball Cap



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Wearable cooling ideas 

CHILL SLEEVE ARM COOLERS ARE THE PERFECT ACCESSORY FOR ANY OUTSIDE ACTIVITY

Chill Sleeves Arm Coolers



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Clothes & Bedding 



Cotton / Linen



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Gel Cool Mat




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Avoiding the Heat




- Air conditioning
- Blinds
- Window film
- Shade when outdoors




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Guidelines for Exercising




- Quality not quantity
- Pre Cooling to avoid overheating
- Cool water
- Rest breaks during / after exercise
- Air conditioning
- Cool water pools






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Take Home Messages



- Know your own particular triggers
- Use specific heat management strategies
- Plan, Prioritise, Pace



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Resources and Links

Cool Hats
<http://www.coolhats.com.au/>

Artic Heat
<https://www.arcticheat.com.au/>

Cool Down Australia
<http://www.icevests.com.au/index.php>

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Get Your Act Together

- Online Tool – designed to help you better manage your multiple sclerosis symptoms
- Focuses on some of the common symptoms of MS – emotions, fatigue, continence, cognition, pain and **heat sensitivity**
- Designed for people living in the ACT but includes useful information for all people living with MS
- Complete the tool to receive a personalized report (listing services, resources, tips etc)

Visit www.ms.org.au and search **Get Your Act Together**

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Questions




MS Connect
1800 042 138
msconnect@ms.org.au

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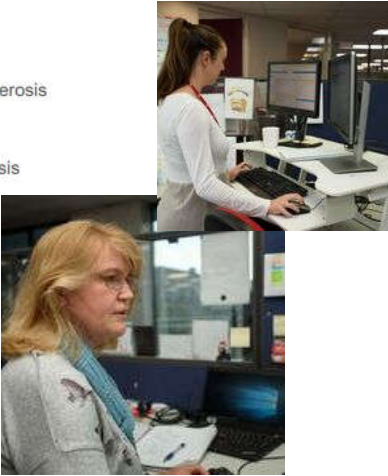
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MS Connect



10 reasons to call us:

1. Up-to-date, evidence based information about multiple sclerosis
2. Expert advice on managing symptoms
3. Information about minimising the impact of multiple sclerosis
4. Support for people who are newly diagnosed
5. Information about treatment options
6. Education programs
7. Connections to other people living with multiple sclerosis
8. Referrals to appropriate services in your area
9. Extra support for you and your family
10. Respite options to give families short-term breaks






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Peer Support MS

- ❖ 1:1 Phone Support
- ❖ Face to Face groups - *(temporarily converted to Telegroups)*
 - 2 in the ACT
 - 11 in Tasmania
 - 17 in NSW
 - 42 in Vic
- ❖ Telegroups
 - Currently running 12 telegroups
- ❖ Facebook groups
 - 3 groups – for people living with MS
 - for carers
 - for young carers – up to 25 years of age

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Employment Support Services MS

The MS Employment Support Service (ESS) is the only MS specialist employment service for people living with multiple sclerosis in Australia that can help you succeed at work, whether that is staying in your current job or finding new employment.

Contact MS Connect for more information on free call 1800 042 138.



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Registered NDIS Provider

MS is a registered NDIS provider in NSW, ACT, Vic and Tas and is approved to provide:
(Pls note: Face to face services/programs have been either converted to online programs or postponed)

- Assistance with 'Access Request Forms', Access rejections and pre-planning
- Support Coordination – assistance to help make your plan active
- Plan Management
- Short term accommodation (Vic)
- Group activities – yoga, dance for health, exercise (NSW)
- Exercise Physiology (NSW)
- Specialist Continence Assessment (Vic)
- Occupational Therapy (NSW and Vic)
- Physiotherapy (NSW)

Want to learn more?
Please call
MS Connect
1800 042 138

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My Aged Care

My Aged Care is an Australian Government initiative, website and phone line to help you find about aged care services.

Available to people who are 65 years of age and over.

Why Contact My Aged Care?

- ✓ Information
- ✓ Assistance in mapping out your needs
- ✓ An assessment for further supports

Phone: 1800 200 422 Free call Australia wide

Website: <https://www.myagedcare.gov.au>

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Podcasts for Clients 




PODCASTS

<https://www.ms.org.au/support-services/education/podcasts.aspx>

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Thank you 

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Please stay on after this webinar to complete a short survey.

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