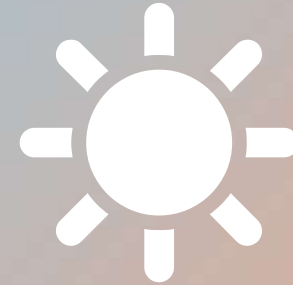




MULTIPLE SCLEROSIS SOCIETY OF INDIA

Managing MS Fatigue in the Summer Heat

Energy Conservation and Heat
Management Strategies for Living Well
with Multiple Sclerosis



Heat Sensitivity Significantly Intensifies MS Fatigue

□ Uhthof's Phenomenon

A temporary worsening of MS symptoms caused by a slight increase in core body temperature.

□ The "Energy Bank" Concept

Heat acts like a high-interest withdrawal, leaving you with less energy for essential tasks.

⚡ Nerve Signal Slowdown

Heat slows down the transmission of nerve impulses in demyelinated fibers, increasing effort.

☀️ The Humidity Factor

High humidity prevents sweat evaporation, hindering the body's natural cooling.



**CORE
TEMPERATURE**

The 4 Ps: A Framework for Energy Conservation



Pacing

Alternating periods of activity with scheduled rest to avoid reaching total exhaustion.



Planning

Organizing your day to ensure high-energy tasks occur during the coolest hours.



Prioritizing

Distinguishing between "must-do" and "want-to-do" tasks to focus your limited energy.



Positioning

Adjusting how you perform tasks (like sitting instead of standing) to minimize exertion.

Pacing Prevents the "Boom and Bust" Cycle



Rest Before You're Tired

Scheduled short breaks are more effective than one long rest after you have already overexerted yourself.



Listen to Your Body

Recognize early signs of heat-related fatigue, such as "brain fog" or heavy limbs, and stop immediately.



The 10-Minute Rule

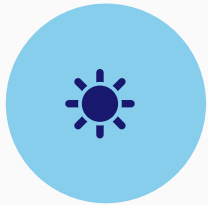
Break large chores into 10-minute segments with 5-minute cooling breaks in between.



Consistent Rhythm

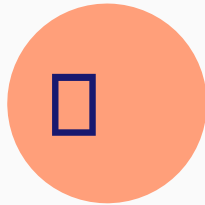
Maintaining a steady, slower pace throughout the day preserves more total energy than rushing to finish quickly.

Strategic Planning for Cooler Hours



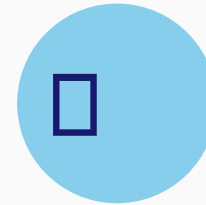
The "Golden Hours"

Schedule demanding tasks for early morning or late evening when temperatures are lowest.



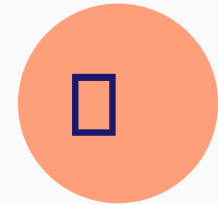
Bank Your Energy

Plan "low-energy" mornings if you have an evening event to preserve your daily stamina.



Check the Forecast

Use weather apps to plan heavy chores for the projected coolest days of the week.



Batching Tasks

Group similar activities to reduce the frequency of movement or outdoor exposure.



Pro Tip: Organize slightly longer trips when possible so you don't have to be out in the heat multiple times.

Prioritizing Essential Tasks to Save Energy



Delegate and Outsource

Ask family for help or use delivery services for groceries and meals during heatwaves.



The Power of "No"

Give yourself permission to decline social invitations that require being in the heat.



Simplify Meals

Opt for "no-cook" meals like salads to avoid heating the kitchen and wasting energy.



Focus on Quality

By cutting low-priority tasks, you save energy for meaningful interactions and self-care.

Positioning and Preparation to Reduce Strain

□ Positioning

Sit Whenever Possible

Use a tall stool for meal prep or a shower chair to conserve energy during daily routines.

The "Reach Zone"

Keep frequently used items between hip and shoulder height to avoid fatiguing reaches.

□ Preparation

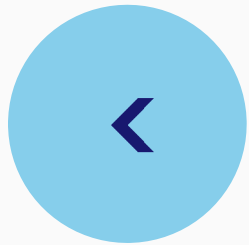
Pre-Task Setup

Gather all necessary tools and ingredients before starting to eliminate extra trips.

Ergonomic Tools

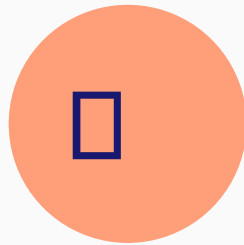
Use lightweight or long-handled tools to reduce the muscular effort required for tasks.

Cooling Gear for Immediate Relief



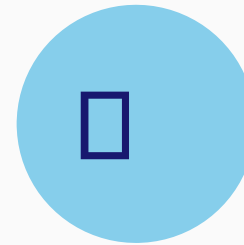
Cooling Vests

Wear specialized vests with ice or gel packs to stabilize core temperature during activity.



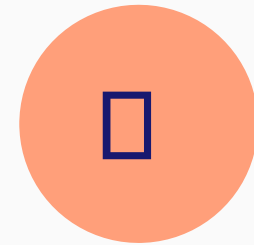
Neck & Wrist Wraps

Cooling areas where blood vessels are close to the skin provides rapid systemic relief.



Cooling Hats

Use wide-brimmed or moisture-wicking caps soaked in cool water to block direct sun.



Pre-Cooling

Drink a cold slushy or take a cool shower before going out to "pre-load" a lower temperature.



Many MS organizations offer cooling distribution programs to help with the cost of specialized gear.

Keeping Your Living Space a Safe Haven

Block the Sun

Close blinds, curtains, or use reflective window film during the day to prevent the "greenhouse effect" in your home.

Circulate the Air

Use floor and ceiling fans to create a breeze, but remember they only work if the air is cooler than your body.

Smart AC Use

If you don't have central AC, focus on cooling one "recovery room" where you spend the most time.

Lower the Lights

Switch to LED bulbs and turn off unnecessary electronics, as traditional bulbs and appliances generate heat.

Hydration and Diet for Temperature Control

□ Hydration

Ice-Cold Hydration

Keep an insulated bottle with ice chips nearby; staying hydrated is critical for sweat production and cooling.

Limit Caffeine & Alcohol

Both can contribute to dehydration and may interfere with the body's natural temperature regulation.

□ Diet

Avoid Heavy Meals

Large or high-protein meals require more metabolic energy to digest, increasing internal body heat.

Hydrating Snacks

Eat water-rich foods like watermelon, cucumbers, and oranges to support hydration and light energy.

Assistive Devices and Technology for Summer



Mobility Aids

Using a scooter or wheelchair for longer distances in the heat saves immense energy for your destination.



Portable Fans

Carry a small, battery-operated handheld fan or a wearable neck fan for instant airflow on the move.



Smart Home Tech

Use voice-controlled lights and thermostats to adjust your environment without physical exertion.



Cooling Bedding

Invest in cooling pillows or mattress toppers to dissipate heat and ensure better sleep quality.

Actionable Steps for a Cooler Summer

❑ Create Your "Cooling Kit"

- ❑ Neck wraps and wrist bands
- ❑ Handheld or wearable neck fan
- ❑ Water spray bottle for misting
- ❑ Specialized cooling vest

♥ Building Sustainable Habits

Establish a Routine: Build energy conservation into your daily life so it becomes automatic.

Communicate: Ensure friends and family understand your need to stay cool and pace yourself.

Self-Compassion: Accept that productivity may be lower; your health is the priority.



Prioritizing your
health is the most
important task of
all.

THANK YOU



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COMPLIED

BY

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