

## Cooling Garments

Heat intolerance is a big problem for a lot of our patients. The heat causes your blood vessels to dilate, which can lead to a drop in blood pressure and a rise in heart rate. This usually causes an increase in symptoms. Cooling garments are an effective solution for cooling off quickly. The cold from the garments will make your blood vessels constrict and hopefully bring blood pressure back up and heart rate back down. This decrease in core temperature will hopefully relieve some of those symptoms, and increase comfort.

Cooling garments may not be the most fashionable, but they are effective. There are cooling garments for many different parts of the body. There are vests, wrist wraps, neck wraps, ankle and foot wraps, hats/masks, and more. They vary in price depending on the technology the garment uses. The more expensive garments will usually be powered by battery or electricity. The less expensive ones are usually powered by gel or ice packs that you freeze. Both of these technologies are effective, it just depends on which method you prefer, and how much you are willing to spend. Some insurances will cover the cost of a cooling garment if it's prescribed for heat sensitivity.

Other cooling accessories exist in addition to these garments. Devices such as personal air conditioners, portable fans, bed coolers, seat cushion coolers, and more. The need for any of these garments or devices will vary based on the patient and the severity of their heat intolerance. Feel free to experiment and see what works best for you!

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