

Are your multiple sclerosis symptoms impacting your everyday life?

If you are 18 or older and suffer from multiple sclerosis, you may be eligible to participate in a research study.

Hello Women with Multiple Sclerosis, if you or if you know someone that would like to participate or have questions, please contact the Principal Investigator Renee Colsch at 612-250-0797 or email racolsch@stkate.edu. Please leave your name, e-mail address and/or phone number so that the team may contact you.

Study Title: Effects of Opal Cool Wrap on Symptoms and Quality of Life in Women with Multiple Sclerosis

Researchers at St. Catherine University are seeking women participants with multiple sclerosis (MS) to determine the effectiveness of the Opal Cool Wrap (an external cooling product) on quality of life by reducing the frequency and intensity of MS symptoms. This research will help us better understand MS symptoms in women and effects of cooling therapy.

Participants will receive:

- An Opal Cool Wrap provided at no cost to you (\$139.00 value). See <https://opalcool.com/> for more details on the product and company.
- If selected, and willing to participate in the interview, you will be given a \$10 gift card to Amazon as an honorarium for your time and contribution to the research.

Location and what you will do for this study

Sessions will include:

1. Complete the online pre-survey
 2. Read and watch instructions on product use and how to track your symptoms in the symptom tracker. Then write down symptoms daily for 1 week before using the Opal Cool Wrap.
 3. Use the Opal Cool Wrap for 2 weeks, 2 times per day for a maximum of 30 minutes each session. Also, document your symptoms daily in your symptom tracker.
 4. Complete the online post-survey sent via email.
 5. If selected, and willing to participate, step 5 will include completing a Zoom interview.
- Total time commitment 24 hours over a 6-week period (42 days)

Are you eligible?

- Be 18 years of age or older
- Speak English and live in the United States
- Have a diagnosis of multiple sclerosis

Interested in participating?

- If you know someone that would like to participate or have questions, please contact Principal Investigator Renee Colsch at 612-250-0797 or email racolsch@stkate.edu.