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Dennis Lively

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Known as Uhthoff's phenomenon, after the physician who first discovered it in 1889, heat sensitivity affects people with MS and other demyelinating diseases. Basically, says Teresa Frohman, PA-C, who co-authored a 2013 paper published in Nature Reviews Neurology on Uhthoff's phenomenon, as little as a half-degree increase in body temperature makes it harder for nerve impulses to operate normally. "Heat changes the amount of energy the body needs to keep the nerve impulses going," she says.

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