Blist-O-Ban®

LATEX-FREE

Blist-O-Ban is a premium blister performance product designed to help prevent blisters and increase comfort.

SHOWN ACTUAL SIZE 2.6 in × 1.5 in (6.8 cm × 3.8 cm)

Created and Manufactured by
SAM® Medical Products
ISO 13485

SAM MEDICAL PRODUCTS ®

www.blistoban.com | 800.818.4726

Blist-O-Ban is trusted by professional athletes, trainers, and doctors worldwide.

Equipment for the Skin®

BLIST-O-BAN®: EQUIPMENT FOR THE SKIN®

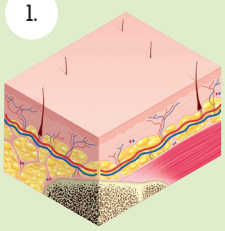
HELPS PREVENT BLISTERS BEFORE THEY START

It takes a blister to prevent a blister. That's the science behind Blist-O-Ban. Its patented dome glides smoothly in all directions, deflecting friction and shear forces away from the skin. Place the ultra-thin Blist-O-Ban® over any blisters, hotspots, or injury prone areas.

WHAT CAUSES SKIN BREAKDOWN?

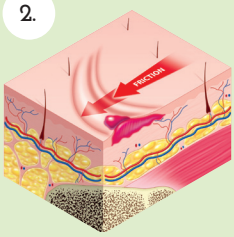
Cross-section of healthy human skin and its appendages.

1.



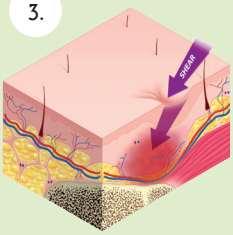
When excessive friction occurs on the surface of the skin (e.g. a shoe rubbing against your foot), the body reacts by forming a blister in an attempt to reduce the level of trauma to the affected area.

2.

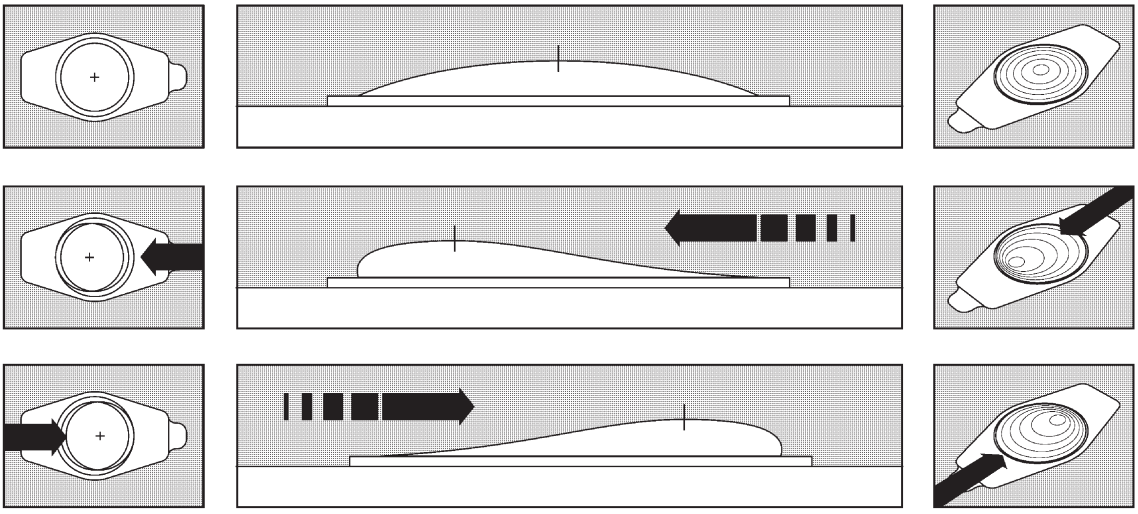


In addition, the shearing of skin can compound the problem by pushing and distorting the skin and its underlying tissues. These shear forces, typically brought on by tight-fitting footwear, cause deeper skin breakdown and pain.

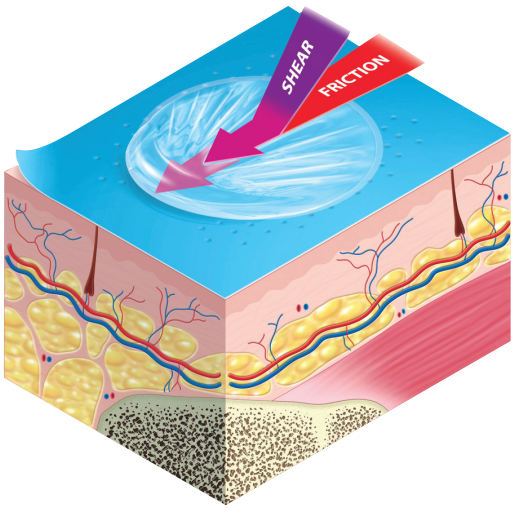
3.



GLIDING TECHNOLOGY INSPIRED BY THE HUMAN BODY



Blist-O-Ban adhesive bandages stop hotspots and blisters before they start. This is made possible with the gliding action of the artificial blister dome. The gliding dome moves freely in all directions deflecting friction and shear(rubbing forces) so that your skin stays healthy with increased comfort during strenuous athletic activity.



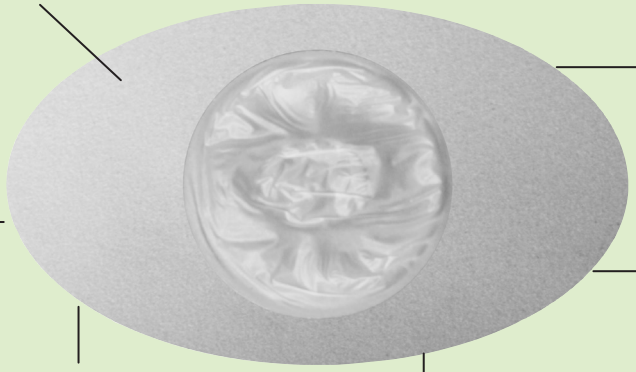
Left: Cross-section of human skin after application of the Blist-O-Ban. When pressure is applied to the skin, the dome glides, shifting the friction away from the area of protection instead of rubbing on the skin's surface.

FAQ

How do common friction blisters form?

Blisters are a common result from hiking or running. Typically, such blisters form when side-to-side rubbing (friction) against the skin mechanically separates the layers of the skin. Nature's way of minimizing this friction is to fill the separation with fluid. If the skin is moist, or if there is tightness between the skin and footwear, less friction is required to form a blister. If the skin is extremely wet or dry, more friction is required.

ANATOMY OF THE BLIST-O-BAN



Gliding dome reduces shear and friction
Helps prevent blisters and hot spots and increases comfort

Breathable
Allows moisture and vapor transmission

Ultra thin edge
Prevents rolling

Strong adhesion
For a longer lasting dressing

Highly elastic
To conform to body parts and increased adhesion

Hypoallergenic
Latex free

Dressing is shown larger than actual size.

STUDIES ›››

Blist-O-Ban significantly reduces friction

Research data from a National Institutes of Health study revealed Blist-O-Ban to be effective in significantly reducing the coefficient of friction on able-bodied subjects.

A New Technology for Reducing Shear and Friction Forces on the Skin: Implications for Blister Care in the Wilderness Setting. Polliack A, Scheinberg S. Wilderness and Environmental Medicine. 17, pp 109-119, 2006.

50-mile walk showed blister formation five times more likely WITHOUT Blist-O-Ban

The School of Podiatry at Temple University conducted a field study using the Blist-O-Ban bandages on 100 participants in a successive 3-day, 50-mile walk. The study revealed that subjects without the Blist-O-Ban bandages showed five times more blister formation.

Field Efficacy of the BursaMed® Bandage in 100 MS Walk Participants. Quijano Jr. VJ, Palamarchuk H, Sheih M, Deyim A. Temple University School of Podiatric Medicine/Foot and Ankle Institute and Temple University Hospital, Philadelphia, PA. Proceedings from the American Professional Wound Care Association Annual Meeting. Philadelphia, PA. April 6-8, 2006.

Blist-O-Ban works in tropical conditions

The Singapore Armed Forces conducted a study on 100 recruits to determine the efficacy of Blist-O-Ban as a blister preventive measure. The recruits were subjected to five hour activity in hot and humid conditions. No blisters developed on Blist-O-Ban protected sites versus 46 blisters on non-protected sites.

Efficacy of a New Blister Prevention Plaster Under Tropical Conditions. Tan S, Kok S, Lim J. Wilderness and Environmental Medicine. 19, pp 77-81, 2008.

Studies can be read on our website at: www.blistoban.com/works.asp

TESTIMONIALS ›››

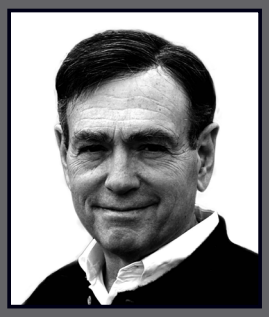
World record marathoner and Olympic coach Alberto Salazar says, *"Blisters are part of the reality of distance running and walking. As a runner and coach, I'm always on the lookout for a better solution. This new technology has changed the way I prevent and treat blisters."*

Outdoor adventure legend – Jim Whittaker, the first American to summit Mount Everest, *"If you are a climber, you know how serious painful blisters are. I have been climbing mountains most of my life and I wish Blist-O-Ban had been available forty years ago. The pain relief is hard to believe. The Sherpas call blisters 'boot bang,' a term which originated from the British. After I gave them Blist-O-Bans to try, I asked them for their thoughts. Their response was, 'Blist-O-Ban: RAMRO!' which is Nepali for Blist-O-Ban: GREAT!"*

Luanne Freer, MD, FACEP: Past President, Wilderness Medical Society; Medical Director, Yellowstone National Park; Director, Everest Base Camp Medical Clinic; Himalayan Rescue Association. *Dr. Freer opened the world's highest medical clinic in 2003, at Mount Everest Base Camp. Located at 17,500 feet (5,330 meters). The tent-based clinic provides medical care for ailments such as high altitude sickness, frostbite, snow blindness, blisters and trauma to climbers, Sherpas and trekkers. Blist-O-Ban is used in Dr. Freer's clinic.*

Gear Test: Blister Remedies. The New York Times May 22, 2008. *"This was my favorite. It [Blist-O-Ban] completely halted any progress and cured a developing blister", she said, adding that it was "easy to apply, undetectable while walking and stayed put perfectly."*

THE INVENTORS



Sam Scheinberg, M.D.

An orthopedic surgeon and inventor of the SAM Splint, Sam inspired a complete rethinking of blister prevention and management. He served as a surgeon in the Vietnam War and graduated from medical school at the University of Tennessee. Sam is a published author and holds several patents.

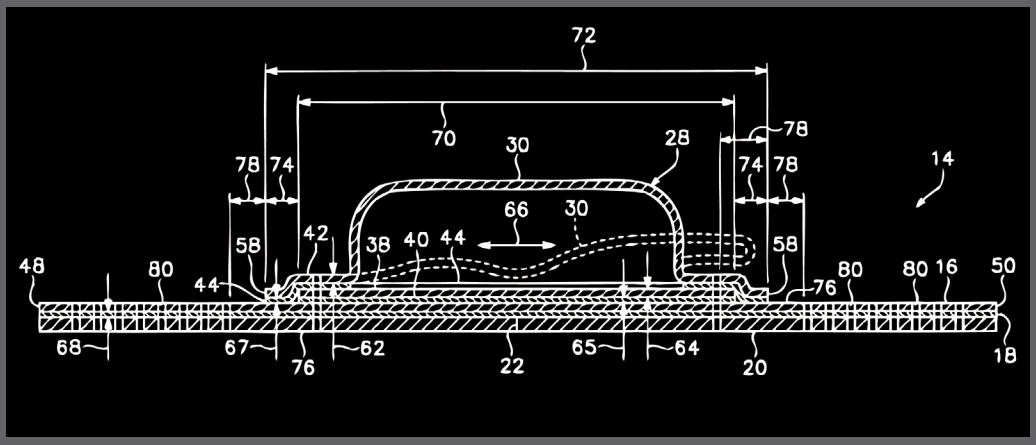
Adrian Polliack, Ph.D.

Adrian incorporated his expertise on shear and friction to help produce a unique, innovative new approach to blister care. He is a native of Cape Town, South Africa, and received his B.S. degree in Chemistry from the University of Michigan, and a Ph.D. in Biomedical Engineering from Oxford University, England. He is a published author and holds numerous patents.

Why We Created Blist-O-Ban:

Simple, we wanted a better product than what was currently available. Generic bandages, moleskin, roll-ons, and sprays didn't work for us. So we decided a new approach was needed, one that addressed the very cause of blisters: friction and shear forces on the skin. Blist-O-Ban is the result.

Blist-O-Ban features a gliding dome that deflects friction and shear away from the skin, helping to prevent blisters and increase comfort. Learn more about Blist-O-Ban, including access to published scientific research studies, at: www.blistoban.com



ABOUT SAM MEDICAL PRODUCTS

SAM Medical Products® is a developer and manufacturer of innovative medical products used for emergency, military, and hospital care. Our products include the widely used SAM® Splint, SAM® Chest Seal, SAM® Pelvic Sling II, Soft Shell® Splint, CELOX® line of hemostatic agents, BursaMed® line of shear and friction relieving dressings, and Blist-O-Ban® blister prevention bandages. For more than 25 years, SAM Medical Products has represented innovation and quality to the medical professional.
More information can be found at: **sammedical.com**.

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