



THE MONTH OF NOVEMBER IS DEDICATED TO RAISING AWARENESS FOR THE DIABETES EPIDEMIC. ACCORDING TO THE CDC'S 2020 NATIONAL DIABETES STATISTICS REPORT, 34.2 MILLION PEOPLE IN THE U.S. WERE LIVING WITH DIABETES IN 2018 (90-95% OF THESE PEOPLE HAD TYPE II DIABETES). WORLD DIABETES DAY IS GLOBALLY CELEBRATED ON NOVEMBER 14TH TO RAISE AWARENESS FOR TYPE I AND TYPE II DIABETES.

THE OCCFIT SOLUTIONS TEAM WISHES TO PROVIDE OUR CLIENTS WITH THE INFORMATION AND ADVICE TO IMPROVE DIABETES AWARENESS, DIAGNOSIS AND CARE. WE ALSO PROUDLY OFFER WELLNESS PRODUCTS SPECIALLY MADE FOR THOSE WITH DIABETES.

WHAT IS THE DIFFERENCE BETWEEN TYPE I & TYPE II DIABETES?

Both types of diabetes are chronic diseases that impair how your body regulates blood sugar, or glucose. Glucose feeds the cells in your body, but it requires insulin to carry out this task. Those with Type I diabetes do not produce insulin. People with Type II diabetes do not respond to the insulin in their body as well as they should and later in life do not produce enough insulin. Both Type I and Type II diabetes can lead to chronically high blood sugar levels and can lead to complications, such as seizures, loss of consciousness and death.

- Type I Diabetes is caused by one's immune system mistaking the body's own healthy cells for "invading" cells. The immune system then attacks and destroys the insulin-producing cells in the pancreas, making the body unable to produce insulin.
- Type II Diabetes is most commonly caused by lifestyle factors, such as inactivity and obesity. Other genetic and environmental factors may also play a role. Those with Type II Diabetes develop a resistance to the insulin in their body. The body still produces insulin but is unable to use it effectively.

SYMPTOMS OF UNMANAGED DIABETES

If not managed, Type I and Type II diabetes can cause symptoms such as:

- Frequent urinating
- Feeling extremely thirsty
- Extreme hunger
- Fatigue
- Blurry vision
- Having cuts or sores (primarily on the feet) that do not heal properly



THE IMPORTANCE OF FOOT CARE FOR DIABETICS

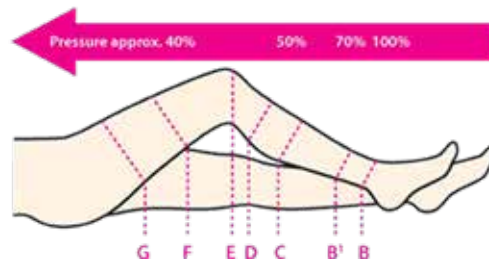
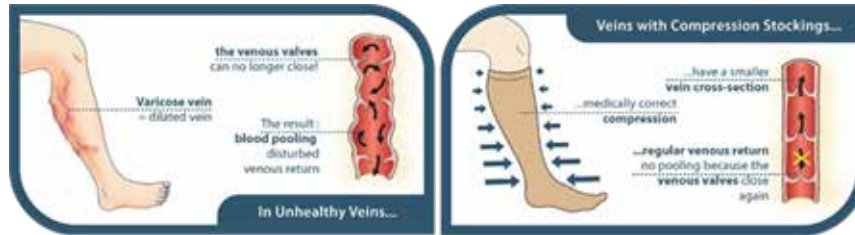
Diabetes can dangerously affect your foot health. In some cases, diabetes causes venous insufficiency due to the one-way valves in your venous system weakening. This can lead to swelling and skin changes as the blood collects in your legs and feet. Pooled blood can cause wounds or sores to have a slower healing process, increasing the chance of infection. Caring for your feet is a vital component for healthy diabetes management. Our compression socks, similar to regular diabetic socks, contain padding and seamless detailing for prevent scratches and sores on the feet. In addition to padding, our socks contain moisture-wicking and antibacterial properties that help prevent wounds, sores, and infections.

HOW CAN COMPRESSION STOCKINGS HELP WITH DIABETES MANAGEMENT?

Compression socks and stockings work by applying pressure to your lower legs to assist in proper blood flow, reduce swelling, and improve tired, achy feeling legs. Our socks and stockings create graduated compression, which means the highest compression is located at the ankle and lightens as the sock runs up the leg. The gradual compression helps your blood flow upwards towards your heart and lungs.

In addition to improved blood flow, our compression socks contain moisture-wicking and antibacterial properties that help prevent wounds, sores, and infections.

With improved circulation comes a reduced risk of developing blood clots or Deep Vein Thrombosis. Clotted blood can travel to your lungs and cause a Pulmonary Embolism, which can result in a heart attack.



THE JOBST® SENSIFOOT™ KNEE-HIGH



The Sensifoot™ knee-high sock is our sock of the month because it was specifically developed for the delicate diabetes foot! The Sensifoot™ features a smooth to seam to reduce pressure and irritation on the toes and an extra-padded bottom for extra comfort and protection. The Sensifoot™ is also made with acrylic multifiber yarn and antibacterial finish to wick away moisture to keep the feet comfortable and dry, as well as inhibit bacteria growth and odor.

<https://www.themedicalzone.com/collections/compression-garments-socks-stockings/products/jobst-sensifoot-crew-closed-toe>

DO YOU NEED HELP OBTAINING YOUR CORRECT MEASUREMENTS?

Your health doesn't stop being a priority, even when it's a challenge to leave the house. For your convenience and safety, we offer secure and easy virtual visits with our Certified Fitters by video to assist you in getting the correct measurements for your Compression Socks/Stockings and Orthopedic Bracing needs. Our real-time, online scheduling lets you choose from available times so you can book your virtual appointment instantly with one of our Certified Fitters.

To schedule your virtual appointment, please visit <https://occfitsolutions.com/virtual-measurement>



OccFit Solutions is showing appreciation to our customers with a daily giveaway during the week of Thanksgiving!

Giveaway will run from Monday, November 23rd, 2020-Friday, November 27th, 2020. New giveaway each day, 5am EST to 11:59pm PST. Winners will be randomly selected.