

American Heart Month



February is American Heart Month!

Focusing on your heart health has never been more important. People with poor cardiovascular health are also at increased risk of severe illness from COVID-19. Now is that best time to adopt a healthy lifestyle and motivate others to do the same.

Heart Healthy Living

Heart disease is one of the leading causes of death in the United States for both men and women. The good news is that there is so much you can do to protect your heart and stay healthy! Heart-healthy living involves understanding your risk of heart disease and making choices and taking steps to reduce your risk.

Understand Your Risks

Preventing heart disease starts with knowing what your risk factors are and what you can do to lower them. Your risk of getting heart disease depends on multiple factors, some of which can be changed, others cannot.

Your Risk For Heart Disease is higher if you:

- Have high blood pressure
- Have high blood cholesterol
- Are overweight or obese
- Have prediabetes or diabetes
- Smoke (cigarettes or vape pens)
- Are not regularly physically active
- Have a family history of early heart disease
- Have a history of preeclampsia (A sudden rise in blood pressure and too much protein in the urine during pregnancy)
- Have unhealthy eating behaviors
- Are older (Age 55 or older for women or age 45 or older for men)

Important Dates

National Donor Day
2/14/2021

Valentine's Day
2/14/2021

Fun Fact: A kitchen faucet would need to be turned on all the way for at least 45 years to equal the amount of blood pumped by the heart in an average lifetime

Here's What You Can Do

There may be a few risk factors that are irreversible, such as age or family history, but there are plenty of actions you **can** take to reduce your risk!

Get you Blood Pressure and Cholesterol Checked

If these numbers are high, work with your doctor to get to a healthy range

Choose Heart Healthy Foods

- Eat plenty of fruits & vegetables
- Limit saturated fats, trans fats & sugar intake

Find Healthy Ways to Manage Stress

Try physical activity, breathing exercises, or talking to friends and family

Get Regular Physical Activity

Regular exercise lowers "bad" cholesterol and increases "good" cholesterol

If You Smoke or Vape, QUIT!

Talk with your doctor about programs or products to help you quit

Get Enough Sleep

Try to avoid blue light that comes from phone or tv screens at least an hour before bed

Benefits of Compression Therapy for the Heart

How It Works:

The blood in your veins have to work against gravity to flow back to the heart. To motivate blood upwards, the veins contain one-way valves to prevent blood backflow. OccFit Solutions compression socks and stockings help blood return to the heart by squeezing the leg tissues and walls of your veins.

Our socks and stockings use a graduated compression design. This means that the highest level of compression is located around the ankle and calf, and gradually loosens as they run up the leg. Graduated compression prevents blood from pooling in your lower extremities, thus improving blood flow and preventing varicose and spider veins from forming.



Compression Garments and Heart Rate

When your circulation is good, your heart doesn't have to work hard. If your heart is pumping efficiently, your heart rate lowers, and your blood pressure flows evenly and smoothly. Healthy blood flow also helps promote cell growth and organ function- This is why regular use of compression garments are especially helpful for those who suffer with circulation problems and venous disease.

Feel the Difference with Sigvaris® Sea Island Cotton Knee-High Socks



Knitted from the world's rarest cotton, Sigvaris® Sea Island Cotton Collection with 15-20 mmHg is lightweight, strong, silky, and incredibly soft to the touch. Sea Island cotton is breathable and safe for sensitive skin and well-suited for tired or heavy, restless and aching legs.

Find it here:

<https://www.themedicalzone.com/collections/compression-garments-socks-stockings/products/sigvaris-mens-sea-island-cotton-191-calf-15-20mmhg>

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>