

LYMPHEDEMA AWARENESS MONTH

The Sock Exchange: March 2021

The National Lymphedema Network has dedicated the month of March to raising awareness for the disease, as well as honoring the inspirational patients that live with it!

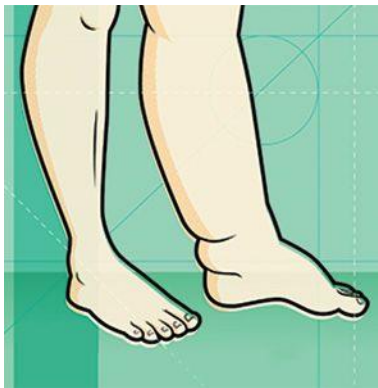
This year, the OccFit Solutions team wishes to focus attention on the disease itself by promoting education and effective solutions to those who suffer with any form of lymphedema or swelling.

WHAT IS LYMPHEDEMA?

Lymphedema is an accumulation of lymphatic fluid that causes swelling in the extremities (arms and legs). Edema (swelling) occurs when the veins and/or lymphatic vessels are impaired. When the impairment is so great that the lymph fluid cannot be transported back into the bloodstream, an abnormal amount of protein-rich fluid collects in the tissues of the extremities, making them swell dramatically. Lymphedema that occurs on its own is called primary lymphedema. It can be present at birth or may develop later in life either idiopathically (because of an unknown cause) or as a result of arterial or venous abnormalities. Over time, especially if left un-treated, often results in major health complications such as infections, disfigurement, pain and disability. While Lymphedema cannot be cured, it can be effectively managed!

Common causes of lymphatic obstruction:

- Infections with parasites
- Injury caused by trauma.
- Radiation therapy
- Skin infections, such as cellulitis (more common in obese patients)
- Surgery
- Lymph node removal for cancer patients (common with mastectomy patients)
- Tumors
- Venous insufficiency

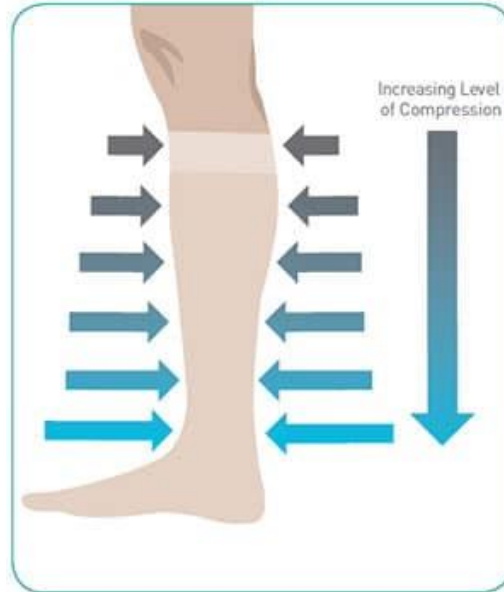


IT IS ESTIMATED THAT 3-5 MILLION AMERICANS SUFFER FROM LYMPHEDEMA.

Due to lack of awareness, information, and education (even within the medical community), lymphedema is often misdiagnosed or undiagnosed. Delays in diagnosis and treatment can result in rapid progression of swelling and side effects.

TREATMENT

The cornerstone for lymphedema treatment is compression therapy. Compression must be applied to the limb to reduce the swelling. Medical grade compression stockings or sleeves can apply graduated compression that encourages the lymph fluid to flow back towards the body. Manual lymph drainage (MLD) is performed by specially trained therapists, utilizing a gentle massaging technique in conjunction with a pumping motion. Some treatment centers use a special bandaging technique.



PERKS OF COMPRESSION GARMENTS FOR EMPLOYEES

Over the years, research has brought the benefits of compression therapy for employees to light! Anyone who works in an office, hospital, airline, factory, food service, or retail should consider wearing compression socks, as should those whose job involves sitting or standing for extended periods. Long periods of sitting and standing increase the risk of developing circulation issues, such as deep vein thrombosis (DVT), the most common type of blood clot.

Regular use of compression socks/stockings:

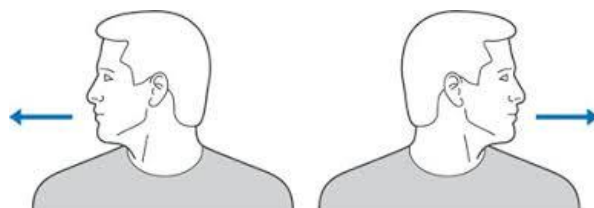
- Reduce swelling and water retention in legs
- Improve circulation in legs and lower the risk of developing deep vein thrombosis
- Make movement and navigation easier and less cumbersome
- Reduce leg pain related to circulation issues

SIMPLE STRETCHES TO IMPROVE LYMPHATIC HEALTH

Stretching promotes the muscle movement required to pump lymphatic fluid through our system and with it all of the wastes and toxins that can otherwise build up.

Neck Roll (side-to-side)

1. Lay on a flat surface in a comfortable position. Take a deep breath and, as you exhale, let your head roll to the right just as far as it wants to go.
2. Then, inhale as you bring your head back to neutral position
3. Repeat this movement on the left side
4. 6-10 repetitions each side



Shoulder Roll

1. Lift your shoulders up and move them in a circular motion 5 times in a front-to-back motion
2. Then, repeat this movement in a back-to-front motion
3. Repeat these movements 6 times in total to loosen up the area



Head Tilt

1. Slowly move the right side of your head down towards your shoulder as far as is comfortable. Hold for 5 seconds, then return back to neutral position
2. Repeat the tilt on the left side of your head
3. 6-10 repetitions each side



Shoulder Shrug (sitting or standing)

1. Take a deep breath and lift your shoulders up as far as they will comfortably go
2. Hold this position for 2 seconds, then lower your shoulders as you exhale
3. Repeat 6-10 times



Pelvic Tilt

1. Lay on a flat surface and bend your knees slightly, with your feet flat on the ground about hip-width apart
2. Using your abdominal muscles, press your lower back down into the flat surface and hold for about 10 seconds
3. Release the contraction and relax for 10 seconds, then repeat up to 10 times



Leg Flexing

1. Laying flat, slide one leg up the knee is flexed as far as is comfortable
2. Hold this position for 2-3 seconds, then return the leg to the floor
3. Repeat this movement on the other side
4. 5-10 repetitions each leg



Ankle Pump

1. Laying flat, extend your ankle, pointing the toes down
2. Inhale as you flex the foot upward
3. Exhale as you point the feet back down
4. Repeat 10-12 times



MEDIVEN ACTIVE KNEE-HIGH (20-30MM HG)



The mediven active knee-high sock with 20-30mm Hg compression level is designed for the individual who needs a higher level of compression therapy while living an active lifestyle. With the perfect amount of padding in the foot bed, mediven active is able to stabilize and deliver a secure fit in nearly all footwear including larger shoe sizes. mediven active is the modern, comfortable choice for casual and active situations.

Features & Benefits

- Modern therapy in a sport sock that is ideal for active lifestyles.
- Cushioned foot profile.
- Clima-comfort releases moisture and regulates skin temperature control.
- Clima-Fresh technology inhibits bacteria growth and unpleasant smelling odors.
- Standard and tall lengths.
- Made in Germany

Indications:

- Mild to moderate spider veins
- Slight to severe varicose veins
- Mild to moderate edema
- Tired, achy, heavy legs
- Helps prevent deep vein thrombosis (DVT)

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