



THE SOCK EXCHANGE

MONTHLY NEWSLETTER
APRIL 2021

NATIONAL CANCER CONTROL MONTH



The month of April has been declared National Cancer Control Month since 1938. Cancer Control Month was organized to raise awareness for cancer prevention and treatment throughout the United States. Thankfully, due in to increased education, heightened prevention awareness and modern medicine, death tolls from cancer have declined. However, even with these advancements, cancer remains the second leading cause of death in the United States. Behind this statistic are not only the Americans who know the distress of receiving a cancer diagnosis, but the millions of family members and friends who watch their loved ones courageously fight this disease and too often succumb to it. This April, the OccFit Solutions team wants to celebrate the progress made against cancer, as well as promote methods of prevention, early detection, and support!

WHAT EXACTLY IS CANCER?

In all types of cancer, some of the body's cells begin to rapidly divide and multiply into surrounding tissues. Because the human body is made up of trillions of cells, this means that cancer can begin pretty much anywhere in the body.

Normally, human cells grow and divide to form new cells as the body needs them. When these cells grow old or get damaged, they die, and new cells take their place. However, when cancer develops, old and damaged cells survive when they should die while new cells form when they are not needed. These extra cells can rapidly divide, and form growths called tumors. Many forms of cancer form solid tumors, but cancers found in the blood, such as leukemias, generally do not form a solid tumor.

Cancerous tumors are malignant, which means they can invade nearby tissues. In addition, as these tumors grow, some cancer cells can separate from the tumor and travel to different places in the body via the blood vessels or the lymphatic system and form new tumors.

Unlike malignant tumors, benign tumors do not spread into or invade nearby tissues. Benign tumors can sometimes be quite large, but they can be removed and usually don't grow back. Unlike most benign tumors elsewhere in the body, benign brain tumors can be life threatening.

RISK FACTORS

While doctors have an idea of what may increase your risk of cancer, most cancers occur in people who don't have any know risk factors. Here are some factors known to increase one's risk of cancer:

AGES

Cancer can take decades to develop. That is why most people diagnosed with cancer are 65 or older

LIFESTYLE HABITS

Smoking, drinking, sun exposure and obesity are known to increase one's risk of cancer.

FAMILY HISTORY

If cancer is common in your family, it is possible that mutations are being passed from one generation to the next.

Only a small portion of cancers are due to an inherited condition.

EXISTING HEALTH CONDITIONS

Some chronic health conditions such as ulcerative colitis, can markedly increase your risk of developing certain cancers.

ENVIRONMENT

Your surrounding environment may contain harmful chemicals that can increase your risk of cancer. Even if you don't smoke, regular inhalation of secondhand smoke increases your risk of cancer. Chemicals in your home or workplace, such as asbestos and benzene, also are associated with an increased risk of cancer.

PREVENTION

Cancer screening is one of the most effective ways to detect pre-cancerous cells and provide early treatment. Some of the most easily screened cancers include:

- Breast Cancer
 - Yearly mammograms for women 40 years of age and older
- Cervical Cancer
 - Pap tests at least every 3 years for women ages 21 and older
- Colon and Rectal Cancer
 - Yearly colonoscopies for men and women ages 50 and older

Talk to your doctor about what types of cancers you should get screened for.

In addition to cancer screening, vaccinations are available to help treat and prevent certain types of cancers. The vaccination work to prevent specific infectious agents that cause or contribute to the development of cancer. Here are some FDA approved cancer vaccines you may want to consider:

- Gardasil or Cervix
 - These vaccines are designed to protect women against certain strains of human papillomavirus (HPV). HPV is known to cause cancer.
- Hepatitis B Vaccine
 - This is a 3-shot series given to children that is designed to protect both men and women against the Hepatitis B virus, which is known to cause liver cancer.
- Provenge
 - This vaccine helps to treat metastatic prostate cancer.

Also, prioritize your lifestyle habits:

- Don't use tobacco products
 - Tobacco use remains the top cause of cancer deaths in the United States
 - Resources to help quit smoking can be found at SmokeFree.gov or by calling 1-800-QUIT-NOW
- Drink alcohol in moderation, if you choose to drink.
- Eat a healthy diet
- Be physically active
- Avoid overexposure to UV rays
- Practice safe sex

CANCER & LYMPHEDEMA

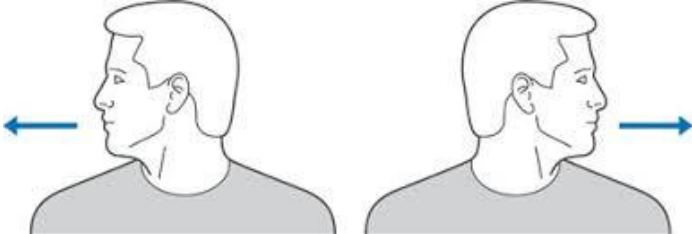

Lymphedema can be caused by cancer or by cancer treatment. Lymphedema mostly affects the legs and arms, but it can also occur in the neck, face, groin, abdomen, or other parts of the body.

- Sometimes a cancerous tumor can get big enough to block the lymphatic system
- Surgery to remove cancer may also require the removal of lymph nodes or some of the vessels that carry lymph fluid. This can cause the fluid to build up in surrounding tissues.
- Radiation treatment can also damage the lymph vessels, resulting in too much lymph fluid in the tissues.

Lymphedema may develop immediately after surgery or radiation therapy. Or it may occur months or even years after cancer treatment has ended.

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.

<p>Neck Roll (side-to-side)</p> <ol style="list-style-type: none">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 position3. Repeat this movement on the left side4. 6-10 repetitions each side	
<p>Shoulder Roll</p> <ol style="list-style-type: none">1. Lift your shoulders up and move them in a circular motion 5 times in a front-to-back motion2. Then, repeat this movement in a back-to-front motion3. Repeat these movements 6 times in total to loosen up the area	

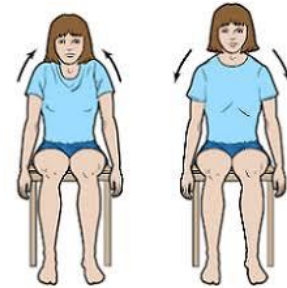
Head Tilt

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



SIGVARIS WELL-BEING WOMEN'S MICROFIBER (15-20 MM HG)



Step into Spring in the Sigvaris Women's Microfiber Compression socks! Our same microfiber technology and effective compression with fun colors and patterns for Spring and Summer!

Features & Benefits

- Advanced microfiber technology for ultimate comfort
- Glides on and off with ease; Excellent breathability and moisture management
- Variety of both fun and practical colors and patterns
- Soft and durable sock for everyday wear

Best Suited For:

- Tired, heavy, restless, aching legs
- Travelers
- Occupational leg health risks
- Expecting mothers
- Family history of chronic vein disease

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>