

# Newsletter

*The latest news, views and announcements for the staff at Main Street Medical Supply.*

## *In This Issue*

### **The Comfort You Deserve: Cushions and Pillows for Better Health**

### **Product Spotlight**

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### **THE COMFORT YOU DESERVE: CUSHIONS AND PILLOWS FOR BETTER HEALTH**

As we age, comfort becomes essential for maintaining a good quality of life. Whether sitting in a favorite chair, using a wheelchair, or spending time in the car, cushions and pillows designed for support can make all the difference. Choosing the right type of cushion can help alleviate discomfort, reduce pressure points, and improve posture. Here's a guide to some of the best cushions and pillows for everyday use and how they can benefit you or your loved ones.

**Seat Cushions & Lumbar Support for Every Setting:** If you spend a lot of time sitting, whether at home, in a car, or in a wheelchair, a supportive seat cushion is key to relieving pressure and reducing back pain. For example, memory foam coccyx seat cushions are specially designed to relieve tailbone pain by reducing pressure on the lower spine. These cushions are great for long car rides or wheelchair use, as they contour to your body's shape while providing consistent support. Another excellent option for ease of movement in cars is the swivel seat cushion, which allows you to rotate easily when getting in or out of the car, a perfect solution for those with limited mobility. In addition, lumbar support pillows placed behind the lower back in your car seat or wheelchair can help maintain healthy posture and prevent slouching, *(continued on page 2)*

which often leads to discomfort or pain after sitting for extended periods. These pillows come in a variety of materials, from lightweight foam to memory foam, each offering tailored support.

**Wheelchair Cushions:** Tailored Comfort for Daily Use For those who use a wheelchair regularly, the right cushion is vital for preventing discomfort and promoting good posture. Gel-filled or air-filled cushions can distribute weight evenly, helping to prevent pressure sores that may develop from sitting in one position for too long. These cushions also provide cooling comfort, helping users stay at ease throughout the day. Memory foam wheelchair cushions are another popular choice, as they mold to the body, providing customized support that can relieve pressure points while improving circulation.

**Bolsters, Bed Wedges & Elevated Leg Pillows:** At home, bed wedges and elevated leg pillows can significantly improve comfort. Bed wedges are perfect for propping yourself up while reading or watching TV, and they also assist with conditions like acid reflux and breathing problems by keeping the upper body elevated. Elevated leg pillows, on the other hand, improve circulation, reduce swelling, and relieve discomfort in the legs—ideal for those who spend much of the day sitting.

**Choosing the Right Material:** Air, Foam, Gel, or Memory Foam? When it comes to choosing a cushion, knowing the difference between materials can help you find the right fit. Air-filled cushions allow for adjustable firmness, which makes them a versatile choice. Foam cushions offer soft, lightweight support, ideal for everyday use. Gel cushions provide cooling comfort and even weight distribution, which can help with circulation and reduce the risk of pressure sores. For the ultimate in comfort, memory foam cushions conform to the body’s natural shape, easing pressure points and promoting relaxation.

**Main Street Medical Supply:** Your Partner in Comfort At Main Street Medical Supply, we understand how crucial comfort and support are to your health and well-being. That’s why we stock a wide range of pillows and cushions designed to help with everything from sitting comfortably in a wheelchair to finding relief during long car rides. Our friendly, expert staff is always available to guide you toward the best solution for your specific needs, ensuring that you or your loved one can find the perfect cushion for any situation. Whether you're dealing with everyday aches, recovering from surgery, or simply want to make life a little more comfortable, our team is here to help you make the best choice for long-term comfort and health.

## PRODUCT SPOTLIGHT



This month we have an exciting deal! For the entire month of November, when you purchase a lift chair you will get a FREE rollator!



**\*ON SELECT ROLLATORS, WHILE SUPPLIES LAST.**