

Newsletter

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

In This Issue

Discover The Benefits of Compression Socks

Product Spotlight

Main Street Medical Supply

p. 254-831-3093 Belton

817-736-2373 Granbury

e. care@mainstreetmedicalsupply.com

a. 1225 N Main Street Belton TX 76513

1333 N Plaza Dr #102 Granbury TX 76048

w. mainstreetmedicalsupply.com



DISCOVER THE BENEFITS OF COMPRESSION SOCKS

Let's talk about a fantastic product that many people might overlook: compression socks!

Compression socks offer a variety of health benefits, particularly for those who spend long hours on their feet, have certain medical conditions, or just want to improve their overall circulation. Compression socks gently squeeze your legs, helping blood flow more efficiently back to your heart. This can reduce swelling and the risk of blood clots, especially for people who stand or sit for long periods. If you suffer from edema (swelling) or varicose veins, compression socks can be a game-changer. They help reduce the buildup of fluid and alleviate discomfort. Athletes often use compression socks to improve performance and reduce muscle soreness. The increased circulation can help deliver oxygen to muscles more effectively, speeding up recovery times. For those at risk of Deep Vein Thrombosis (DVT), particularly after surgery or during long flights, compression socks can be an essential preventative measure.

To get the full benefits of compression socks, it's crucial to have the right fit. Ill-fitting socks can be uncomfortable and less effective. At Main Street Medical Supply, our caring staff is trained to measure your legs properly and ensure you get the perfect fit. Well-fitted compression socks last longer and maintain their elasticity *(continued on page 2)*

better than poorly fitted ones. The right compression level (measured in mmHg) is essential for achieving the desired therapeutic effects. We'll help you choose the right level based on your needs.

Compression socks come in different pressure levels, measured in millimeters of mercury (mmHg), and various sizes to ensure a perfect fit and effectiveness. Here's a breakdown of the common compression levels and their uses:

- 15-20 mmHg
 - Uses: Mild compression, suitable for everyday wear, mild swelling, and mild varicose veins.
 - Who: Ideal for travelers, people who stand or sit for long periods, and those with mild circulation issues.
- 20-30 mmHg
 - Uses: Moderate compression, used for moderate varicose veins, moderate edema, and post-surgical recovery.
 - Who: Commonly recommended for people with more pronounced circulation issues, athletes, and post-operative patients.
- 30-40 mmHg
 - Uses: Firm compression, for severe varicose veins, severe edema, and prevention of DVT.
 - Who: Typically prescribed for severe medical conditions and must be used under medical supervision.
- 40-50 mmHg
 - Uses: Extra firm compression, for severe venous insufficiency and severe lymphedema.
 - Who: Usually recommended by a healthcare provider for specific medical conditions.

Our staff will measure your calf circumference and leg length to find the perfect size for you. If you wear compression socks daily, it's a good idea to have multiple pairs. This allows each pair to rest and regain their elasticity between uses. Regularly check your socks for signs of wear and tear. If they start to lose their elasticity or show holes, it's time to replace them.

At Main Street Medical Supply, we're dedicated to helping you live your best life with the right medical supplies and support. Come in today to learn more about the benefits of compression socks, get properly measured, and find the perfect pair for your needs. We look forward to serving you!

[Call Your Local Main Street Location to see if there are any Discounts on Compression Today!](#)

PRODUCT SPOTLIGHT



We have added a new brand to our mobility mix, **TRIUMPH MOBILITY**! Come in and try out the new Triumph Escape series Rollators. Escape is a breeze to use. Adjusting the handle height is easy thanks to spring-loaded levers. The pressure-reducing anatomical handgrips maintain your hand strength and the brakes are the easiest-to-apply hand brakes available on any rollator. This innovative braking system also has no cables to catch on objects or get in your way. When it's time to take a break, Escape offers a large, padded backrest with an adjustable depth and a large padded seat for added comfort. Let Escape be your next travel companion!



\$440