

Compression Socks as Part of Your Wellness Plan

by Lisa Calhoun

Graphics by Eileen Anderson

Gone are the days of Grandma and Grandpa's ugly brown rubber compression stockings. Compression socks have changed and improved over the years and many men and women are choosing to wear them for healthy veins and as part of their wellness plan. Over half of the population over the age of 30 has venous disease - spider and varicose veins, but wearing compression stockings slows the progression of the disease and keeps your legs healthy.

As teachers, you are on your feet a lot and have to stand for long periods of time. Compression socks relieve pressure on your legs and promote circulation thereby reducing aches, pains and swelling. Sitting for long periods also puts a strain on the circulation in the legs and this can be significantly improved by wearing compression socks. The compression is highest at the ankle, gradually decreasing up the leg. By applying gentle pressure, it helps the veins pump oxygen-deficient blood toward the heart and thus prevents vein problems from occurring or worsening. The effective pressure on the leg veins stimulates the circulation which can help with fatigue and have an energizing effect.

Compression socks are used for medical related conditions, but there are also benefits of increased blood circulation throughout your body, which can boost your energy levels, and reduce swelling, tiredness, or soreness in your legs and feet. And in the teaching profession, who doesn't want those benefits?

So how can compression socks help you?

1. Sit and stand all day with energized legs.
2. Alleviate swelling, cramps and achiness during pregnancy.
3. Increase athletic performance and speed up muscle recovery.
4. Travel with less foot and leg discomfort and avoid a DVT (Deep Vein Thrombosis)
5. Overall leg health and vein health due to increased circulation and proper blood flow.

How and where can you buy compression socks?

In general, if you have any medical condition, talk to your doctor or nurse practitioner before using compression stockings and to get a prescription. Johnson's will honour the prescription, up to 6 pair/year at 80%, of medical grade compression socks or stockings (20-30mmHg or 30-40mmHg). Have your doctor indicate 1 pair x6 and the information will be logged in your file. That way, if you don't want to buy all 6 pair at once, you can buy more later on without going back to your doctor for another prescription. Note that the low compression socks (15-20mmHg) also require a doctor's prescription and are limited to \$25 per year.

Lawton's Drugs in Moncton is my contact for this wellness initiative and you can call any of the locations below to make an appointment to be properly fitted. When you go for an evaluation and fitting, you will learn which is the best compression sock for your legs. They will also explain how to properly care for your compression socks and the best way to put them on and take them off.

Please let the fitter know that you are a teacher as they can do direct



billing with Johnson's. You will be required to pay the 20% up front.

To purchase your compression socks you will need the following:

1. Dr.'s Prescription
2. Proof of insurance
3. Sign a consent form allowing them to direct bill on your behalf

Once the socks have been ordered they will contact you to come in and pick them up, or if you live outside of town they will either deliver or send them via Purolator.

Info for Lawton's
Moncton 40 Mapleton Rd 857-9919 (Option 5)
Fredericton 435 Brookside Drive 450-4161 (Option 5)
Saint John 107 Catherwood Street 635-1126 (Option 5)

Lawton's is also willing to go to schools to do presentations and fittings if there is enough interest generated. Some schools in ASD-E and ASD-N have already taken advantage of this service. Smaller communities may look at getting a few schools to work together to find a day/time that would work for all. Please contact Cindy MacNeil at 857- 9919 (option 5) or by email at hhc0147@lawtons.ca for more information about school presentations.

We are very excited to learn that Lawton's has agreed to work with Bauerfeind, their supplier, to partner with the NBTA Counselling and Wellness Program by donating 10% of all sales relative to teachers to The Children's Wish Foundation!

Remember the saying "an ounce of prevention is worth a pound of cure"? It is recommended to wear compression socks regularly even if you have no signs or symptoms of vein disease as it can help to prevent or ward off circulation issues. Let's all add wearing compression socks to our wellness plans for 2018 and beyond!



Win a pair of socks!

We are giving away a pair of Bauerfeind Compression Socks to one lucky teacher. To qualify, go to our website www.teacherwellness.ca and go to "Comments". Send us two reasons why you would like to win this prize. We will draw the lucky winner by April 27th.