

WEDNESDAY, AUGUST 12

COMPRESSION AWARENESS DAY

WHAT IS MEDICAL COMPRESSION?

Medical compression comes in many forms, worn on arms, legs, hands, feet, and torso, and supports a wide range of chronic illnesses. Lipedemama founder Kelly Schwartz uses it for lipedema, POTS, and hEDS. Other medical uses include lymphatic and venous conditions. Even pneumatic compression pumps fall into this category.

WHY IS THIS IMPORTANT?

Despite how common medical compression is, there's no national day bringing awareness to it. Many people who wear it are hesitant to show it, covering it with long sleeves and long pants to hide their gear. We've been conditioned to hide it, even though it's what helps us feel better. By sharing our compression, we hope to normalize it in the workplace, the grocery store, the waiting room, the hallway, and everywhere in between.

HOW CAN YOU PARTICIPATE?

- **If you wear medical compression:** We encourage you to wear it proudly through the summer heat. However you're comfortable showing it, post with #CompressionAwarenessDay on August 12 and tag @lipedemama on any platform.
- **If you don't wear compression:** Wear purple on August 12, tag @lipedemama, and use #CompressionAwarenessDay. You're standing in solidarity with everyone who does.
- **Everyone:** Share the Compression Awareness Day toolkit. Talk about why compression matters, whether it's part of your life or a loved one's.

Show your compression, or wear purple in solidarity
#CompressionAwarenessDay



For more information or to
download the toolkit, visit
<https://lipedemama.com/compression-awareness-day/>

