

Exceptional footcare for all ages.

J. Richard Werkman
CHIROPODIST



January 2013 Newsletter

Happy New Year!



May your walls know joy!

This gentle season reminds us of what, and who, is important in life. May your walls know joy, may every room hold laughter, and every window open to great possibility. From our family to yours, have a wonderful and joyful 2013!

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Do You Have Cold Feet?



New! Merino Outdoor Wool Socks

SIGVARIS has released a new product... just in time for Winter. NEW! Merino Outdoor Wool Socks. Great for outdoor enthusiasts.

Experience a warm, comfortable winter with Merino Outdoor Wool Socks that feature... [Read more](#)

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14 of the Most Nagging Foot Problems!



Condition #5 - Thickened Toenail (Onychauxis)

What is it?

- Onychauxis is a thickening (hypertrophy) of the nail plate.
 - Onychogryphosis is long-standing thickening, in which typically a curved hooked nail (ram's horn nail) occurs. [Read more](#)
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Rachel Werkman...



On the Move!

Rachel has joined the [Guido 2013 HANDS Team](#) destined for Hato Nuevo in the Dominican Republic in March of 2013. Rachel and her team will be assisting in the ongoing construction and repairs at a school, [Colegio Cristiano La Esperanza](#). Rachel was recruited for the team based on her... [Read more](#)

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New and Newsworthy News Now!

There are lots of new things happening at Werkman Chiropody

New Product: PediFix GelSmart Toe Caps

PediFix GelSmart Toe Caps are designed to absorb pressure, friction and to



help relieve various digital conditions. The all-gel cap provides superior cushioning and protection of nails and cuticles, and relief for [corns](#), [calluses](#), [hammer toes](#) and partially amputated digits. [Read more](#)

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New Procedure: Keryflex - Professional Nail Restoration

The KeryFlex system offers an innovative cosmetic (not permanent) solution to managing [onychomycosis](#) (fungal nail). Safe, nonsystemic in-office application that restores the appearance of the natural nail. The new nail is both flexible and durable. [Read more](#)

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Newsorthy: werkman.ca Wins 2012 CFPM Award

At this year's Canadian Federation of Podiatric Medicine conference, members were recognized for outstanding performance in a variety of categories. The winner of the Best Website Award is... [Read more](#)

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14 of the Most Nagging Foot Problems!



Condition #4 - Blackened Toenail (Sub-Ungual Hematoma or Bleeding Under the Nail)

This is a common injury to tennis, soccer players, and runners. It is due to impaction of the 1st toe or the longest toe against the upper of the shoe. Blood from ruptured capillaries collect under the toe nail plate causing... [Read more](#)

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Werkman Update



It's Never Boring in the Werkman Foot Clinic or Werkman home...

The Girls... Kaitlin (left) worked alongside Mom (Vicki) and Dad (Rick) in the clinic over the summer. Rachel (middle) and Rick participated in the annual Crossfit Element Challenge. Sarah (right) started Grade 10 and landed a part-time job... [Read more](#)

Rick... has enrolled in the Local Anesthesia and Injections for Chiropodists continuing education course offered through The Mitchener Institute and approved by the College of Chiropodists of Ontario. [Read more](#)

Rick and Vicki... attended the 13th Annual CFPM (Canadian Federation of Podiatric Medicine) October 26-27, 2012 at the London Convention Centre. This year's program offered chiropodists, podiatrists, office staff and other health professionals the opportunity to... [Read more](#)



Nomita Kumar-Singh Joins the Team!

We are also delighted to announce that Nomita Kumar-Singh be re-joining the Werkman Chiropody team one day a week. Nomita is a graduate of McMaster University, and has been a Registered Chiropodist since 2003. She studied wound care for an additional year... [Read more](#)

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14 of the Most Nagging Foot Problems!

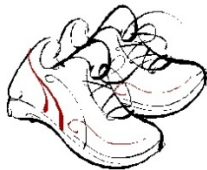


Condition #3: - Ingrown Toenails

This condition occurs when the edge of the toenail is driven into the toe by shoes (or boots) that are too tight. The nail cuts into the side of the toe, creating a shooting pain as it puts pressure on the nerves. Nails should be... [Read more](#)

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Choosing the Ideal Running Shoe



Avoiding common mistakes

How you choose a running shoe can make the difference, not only between running in comfort or running in pain, but more importantly, whether or not you suffer an injury. [Read more](#)

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Werkman Chiropody Blog



Would you like to receive updates about new products, services, special offers and what's new in the clinic? Subscribe to our blog. Click on the Subscribe RSS symbol at www.werkman.ca/blog and you'll receive fresh news twice a month! Or simply say, "sign me up today".

Give us a call to book your appointment or send us an [email](#) today! We're looking forward to seeing you again soon! Visit the contact page of our website at www.werkman.ca/contact-us/ to see clinic hours.

Routine Foot Care | Corns and Calluses | Plantar Warts | Thick or Ingrown Nails
Heal/Arch/Foot Pain | Custom Made Orthotics | Nail Surgery | Diabetic Footcare and Education

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