

Exceptional footcare for all ages.

J.Richard **Werkman**
C H I R O P O D I S T



To Your Good Foot Health

November 2013

Ingrown Toenails: Prevention, Treatment and Nail Surgery



An ingrown toenail 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. The area is usually red and may be warm. If not treated, it is prone to infection. [Read more...](#)

Formula 3 Antifungal Professional is BACK!



We are pleased to announce that Formula 3 Antifungal Professional will be back in stock early December. Formula 3 was unavailable in Canada for the past year. Why? English only labelling. Thankfully, they have figured it out.

The Makers of Formula 3 Introduce Clean Sweep™



Clean Sweep™ Antimicrobial Shoe Shield™ eliminates 99.9% of odor-causing bacteria and fungus on contact. Clean Sweep™ is a clear, flexible antimicrobial micro-coating that works inside the shoe. Clean Sweep™ is: non-toxic, hypoallergenic, environmentally safe and contains no fragrance or colours. [Read more...](#)

Dr.'s REMEDY® Christmas Comes Early to Oakville Special!



Dr.'s REMEDY continues to receive not only rave reviews but results! Patients have been telling us – and we've been noticing... that the "white dots" that often appear on toe and finger nails after long term nail polish use, are fading away! We're so pleased with the results, we're bringing back our "Christmas Comes Early to Oakville" Special! [Read more...](#)

Treating Foot Problems for Patients with Diabetes...



It's essential for diabetic patients to pay proper attention to their feet as problems may occur as a result of either circulation or nerve changes. Here are some foot complications that diabetic patients may encounter and some possible treatment options. [Read more...](#)

The Do's and Don'ts of Diabetes



Diabetes Mellitus is a metabolic disorder with relative or absolute lack of insulin. Insulin is important for the body since it is necessary for converting sugar to energy. There are three types of diabetes: **Type 1 diabetes**: the pancreas produces very little or no insulin; **Type 2 diabetes**: the pancreas produces insufficient insulin or the body does not effectively utilize the insulin produced. This type is the more common; **Gestational diabetes**: this is a rare temporary condition that occurs during pregnancy. Proper Diabetic Footcare: What You **SHOULD** and **SHOULD NOT** Do. [Read more...](#)

Flat Feet!



Whether caused by a congenital situation disease, obesity or improper foot biomechanics, the foot's arch is non-existent during weight bearing. In fact, overstrained muscles and ligaments in the arch area become painful and fatigued. Orthotics may be recommended.

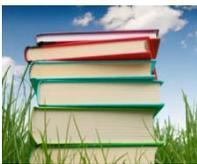
Walking and running place impressive demands on your foot, no question about it. But your foot is remarkable in its shock absorbing abilities. If you are like most of us as you walk or run, when putting your foot down on the surface, your rear foot rolls to the inside. [Read more...](#)

High Arches



Pes cavus is a medical term for an abnormally high arched foot. It is the opposite of a flat foot and somewhat less common. As with certain cases of flat feet, pes cavus may be painful due to metatarsal compression; however, high arches - particularly if they are flexible or properly cared for - may be an asymptomatic condition. [Read more...](#)

You're Not the Only One Going Back to School



Two of the things we're committed to at Werkman Chiropody are continuous learning and practice excellence. That's why Rick Werkman is enrolled in the upgrade course on Local Anesthesia and Injections for Chiropodists at The Michener Institute. Injections you say? [Read more...](#)

Causes, Symptoms and Treatment Options for Foot Ulcers and Wounds



Foot ulcers generally refer to breaks or wounds in the skin that are slow to heal and are classified in stages according to which of the four layers of skin are broken through.

Causes: Ulcers occur due to different reasons, so it is very important to determine the underlying medical problem that caused the ulcer. [Read more...](#)

Sweaty, Stinky Feet... They're Not Your Fault!



Contrary to popular belief, sweaty feet don't smell -- initially. Feet tend to perspire (hyperhidrosis) more than other parts of the body, thanks to around 250,000 sweat glands. One of the ways we rid the body of excessive heat is through our feet. If the sweat stays on the skin too long, it can contribute to the accumulation and growth of bacteria, fungi, molds and yeast, hence stinky, smelly feet, a condition known as "bromhidrosis". [Read more...](#)

Werkman Chiropody Blog



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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 and to book an appointment.

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

J. Richard Werkman, D.Ch., B.Sc., Podiatric Medicine
1495 Cornwall Road, Suite 33, Oakville L6J 0B2
905.845-4817 | info@werkman.ca | www.werkman.ca

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