

Exceptional footcare for all ages.

J.RichardWerkman  
CHIROPODIST



The Holidays Are Coming (and so is Winter!)

Fall 2014



### Back By Popular Demand!

#### Our Famous Medi-Pedi (Medical Pedicure) is Back!

Book your appointment with Kim on **Saturday, December 13** and unwind with a relaxing Medi-Pedi or KeryFlex treatment. You'll enjoy the application of Dr.'s REMEDY® Enriched Nail Polish or a KeryFlex treatment\* to your toenails immediately after your routine footcare appointment. (\*KeryFlex is \$75 per toe to a maximum of \$150.)

The Werkman Chiropody MediPedi, including your choice of in-stock Dr.'s REMEDY® Enriched Nail Polish, is just \$35. Since the MediPedi service is not covered by insurance plans, the amount is billed separately, for your convenience. Book your appointment now - 905.845.4817.



#### Dr.'s REMEDY® Enriched Nail Polish Bonus Buy!

We're kicking off party season with our annual Dr.'s REMEDY® Bonus Buy! For every two bottles of Dr.'s REMEDY® Enriched Nail Polish (base, colour, or top coat) purchased from now until December 31, 2014, you'll receive Dr.'s REMEDY® Nail Polish Remover absolutely FREE! Buy three bottles (base, colour, or top coat) and we'll give you the fourth bottle free!

Stock up today! There are oodles of new colours. You can try them on by following this link: <http://www.remedynails.com/TryItOn.aspx>. Dr.'s REMEDY® continues to receive rave reviews AND 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!

Dr.'s REMEDY® Enriched Nail Polish is the only over the counter enriched polish, created by doctors, designed to be free from harmful toxins found in most commercial nail polish (DBP, Toluene and Formaldehyde). Use Dr.'s REMEDY® as a healthy alternative to commercial nail polish, and especially if you suffer from nail fungus, brittle, discoloured nails, have an allergy to chemicals in commercial nail polish, or are pregnant. Be good to your feet and they'll let you walk all over them for life! See your Chiropodist/Podiatrist for regular visits starting today!



## Gifts They'll Love To Receive... And You'll Love to Give!

Started your holiday shopping yet? You can cut that list down to size with one stop at the Werkman Chiropody Clinic in Oakville. Head over to our website for clinic hours: <http://werkman.ca/contact-us/>

Enjoy these staff favourites. Christmas cheer included!



Easy



Vista

### Dr. Comfort

Dr. Comfort was founded in 2002 and is among the worldwide leading providers of diabetic footwear. Dr. Comfort recognizes the need for STYLE, COMFORT and QUALITY in the therapeutic shoe industry.

Today, Dr. Comfort's family of comfort footwear line includes diabetic shoes, prescription and non-prescription inserts, diabetic socks, slippers, sandals and compression hosiery. Browse the Dr. Comfort line of products at: <http://www.drcomfort.com/our-footwear>



### Biotime

Browse the Biotime 2014 Fall/Winter Collection of boots, slippers and Podowell footwear for men and women by following this link:

<http://biotimefootwear.com/catalogs/lists/fall---winter-collection-2014>

### SIGVARIS

SIGVARIS is recognized as a global industry leader in the area of compression therapy for the management of chronic venous disorders.

SIGVARIS graduated compression garments are available for mild to severe symptoms as well as performance enhancing for athletes.

What's your style?





### **SIGVARIS MEDICAL**

For moderate and more severe symptoms: 15–20, 20–30, 30–40, 40–50, 50–60mmHg. The SIGVARIS MEDICAL collection is designed to ensure correct fit and accurate compression, resulting in optimum therapeutic benefits and greater wearing comfort. SIGVARIS MEDICAL products are

designed to fit various lifestyles and are best suited for those with chronic venous disorders, edema, stasis, skin changes, and for those who have had or will be having a vein procedure. Browse the Medical Catalogue: <http://www.sigvaris.ca/en/catalog/applications-medical/>

### **SIGVARIS WELL BEING**

For prevention and mild to moderate symptoms: 15–20mmHg.

The fashionable SIGVARIS WELL BEING collection helps promote leg health and provides relief from a range of common symptoms including tired, aching legs and swollen feet and ankles.

Browse the Well Being Catalogue: [http://www.sigvaris.ca/en/catalog/applications-well\\_being/](http://www.sigvaris.ca/en/catalog/applications-well_being/)

### **SIGVARIS SPORTS**

For performance and recovery: 15–20mmHg & 20–30mmHg

SIGVARIS has an entire line of sports products perfect for athletic activity and recovery.

Professional athletes, weekend warriors and active individuals alike can all benefit from wearing the true graduated compression that SIGVARIS SPORTS provides. Browse the Sport Catalogue:

<http://www.sigvaris.ca/en/catalog/applications-sports/>

### **SIGVARIS ACCESSORIES**

SIGVARIS offers a wide range of accessories to go with our product lines including washing solution, donning devices, and more. Browse the Accessories Catalogue:

<http://www.sigvaris.ca/en/catalog/applications-accessories/>



#### **goSeamless Diabetic Socks (Make Great "Stocking Stuffers"!)**

- Non-binding ribbed top
- Seamless comfort toe
- Full cushion sock
- Wicks away moisture
- Reduces shearing and friction
- Anti-microbial protection

#### **A Christmas Riddle... (because there's extra space)**

What did the reindeer say before launching into his comedy routine? (This will sleigh you.)



## Gift Certificates The Perfect Fit Every Time

Not sure about size, colour, or style preference? Give the gift that lasts all year long. Footcare from the professionals at Werkman Chiropody. We love feet! [Talk to us](#) today about your gift recipient... maybe we can offer a few ideas!



## Seasonal Update from the Werkman Foot Clinic & Family Introducing Registered Chiropodist (UK), Kaitlin Werkman

Readers already know our eldest daughter Kaitlin recently completed her 3rd year of the B.Sc. Podiatry program at Queen Margaret University in Scotland and is now working on her optional 4th year (Honours) degree. In order to do so, Kaitlin must be registered in the UK – and now she has achieved that goal too.

Kaitlin will complete the registration process in Ontario once she has finished her degree(s) and is ready to practice. We can't wait!

**MADE IN NOVEMBER**  
PLEASE DONATE TO ME



"AS A HEALTHCARE PRACTITIONER I AM PASSIONATE ABOUT DOING MY PART TO HELP CHANGE THE FACE OF MEN'S HEALTH. PROSTATE CANCER HAS HAD AN IMPACT ON MY OWN FAMILY, MY DAD WHO BEAT THE DISEASE AND MY UNCLE WHO LOST HIS BATTLE. I AM HOPEFULLY THAT BY BRINGING AWARENESS AND SUPPORT TO MEN'S HEALTH, TOGETHER, WE CAN MAKE A DIFFERENCE!"

VISIT MY MOSPACE AT  
MOBRO.CO/JRICHARDWERKMAN



NOVEMBER FOUNDATION  
CHANGING THE FACE OF MEN'S HEALTH  
PROSTATE CANCER. TESTICULAR CANCER. MEN'S HEALTH.



MOVEMBER.COM

## Movember: Growing a Mustache in November and Changing the Face of Men's Health...



Support Rick Werkman in November! Rick's Motivation:

"As a healthcare practitioner, I am passionate about doing my part to help change the face of men's health.

Prostate cancer has had an impact on my own family, my dad who beat the disease and my uncle who lost his battle. I am hopeful that by bringing awareness and support to men's health, together, we can make a difference!"

Support Rick: <http://ca.movember.com/mospace/11042545>

Learn more about Movember: <http://ca.movember.com/about>



## Hitting the Nail on the Head The Best Running Shoes for Women

A round of applause for Prevention's Fitness Editor, Jenna Bergen Southerland for "hitting the nail on the head" when it comes to buying the best running shoes for women. Jenna shares the 7 Essentials of a Running Shoe That Won't Wreck Your Feet and we're pleased to pass along her wisdom.

"Yeah, you could run in those cute walking shoes or older-than-dirt trainers, but please don't. "When you run, you hit the ground with force greater than two times your own body weight," says Jeff Dengage, shoes and gear editor at Runner's World. "Running shoes are built with higher-quality, lightweight materials that help lessen that impact." Be sure your new pair meets the following criteria:

1. Has enough toe length. Feet swell when you run, so aim for a thumbnail-length of space between your longest toe and the end of the shoe. Don't be surprised if you wind up in a ½- or full size larger than your street shoes.
2. Has enough toe width. Squished-in toes equal blisters. Make sure there's some wiggle room in the toe box.
3. Skip seams. Look for a seamless upper (seams can rub, causing blisters) that comfortably hugs the top of your foot.
4. Has the right arch. The arch should contour to the shape of your foot. You may need to add an insert for a more customized fit.
5. Holds your heel. Make sure your heel stays in place before buying. Find out with a quick jog around the store (or on the treadmill if they have one).
6. Feels firm. Pillowy cushion feels nice, but a firmer shoe is best if you're coming back from an overuse or impact injury; it'll have more spring-back on the road, minimizing stress on stabilizing muscles.
7. Flexes right. Check the shoe's flex point (where it creases when you press the toe into the floor). It should bend at the same place as your foot to ensure a natural stride."

Remember to see your Chiropractor/Podiatrist regularly and especially if you're taking up a new sport or activity. We care about your feet and want you and them to be happy together for years to come.



### **Pedicures Can Be a Risky Business! Minimize Your Risk of Infection!**

Watch as Pat Foran, CTV News Consumer Alerts reporter explains how bad things can happen in nail salons and 5 things you can do to minimize the risk. With nail salons popping up everywhere, it's important to do your due diligence before you "take a seat". Link: <http://www.ctvnews.ca/video?clipId=430891&playlistId=1.1988032&binId=1.810401&playlistPageNum=1>



## Happy Holidays! From our Family to Yours...

Everyone at Werkman Chiropody extends their warmest wishes for a very Merry Christmas and a prosperous and joyful New Year!

May all your holiday wishes come true!

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### Werkman Chiropody Blog

Would you like to receive updates about new products, services, and special offers? Subscribe to our blog. Click on the Subscribe RSS symbol at [www.werkman.ca/blog/](http://www.werkman.ca/blog/) and you'll receive fresh news twice a month! Or simply tell us, "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/](http://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

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**Call. Click. Come By. Today!**

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