

Exceptional footcare for all ages.

J.RichardWerkman  
C H I R O P O D I S T



We Made It To Spring 2014

Spring 2014

## New! Treatment for Toenail Fungus

Introducing a Revolutionary Laser Treatment Option



Your friendly, neighbourhood Chiroprapist (licenced foot care provider), Rick Werkman, and the team at the Oakville Foot and Orthotic Clinic are pleased to introduce a revolutionary laser treatment option, Noveon NaiLaser, that can get rid of toenail fungus.



The complete program involves 2-3 treatment sessions for most patients and typically lasts 30 minutes. There is no recovery period, no side effects, and it delivers significantly better results than drugs or creams. Learn more about the new laser procedure for treating toenail fungus by [contacting us now!](#)



What causes toenail fungus in the first place? Yeasts and molds combine with dampness to cause toenail fungus. Wearing tight-fitting shoes or not letting feet dry out gives toenail fungus a place to grow. Other risk factors include diabetes, a compromised immune system, or an abnormal PH skin level. The likelihood of toenail fungus increases with age, which leads to reduced blood circulation and more risk of exposure.

Is toenail fungus contagious? Yes, nail fungus is quite contagious and can easily spread to other toenails, the skin, or fingernails – not to mention the toes of loved ones.

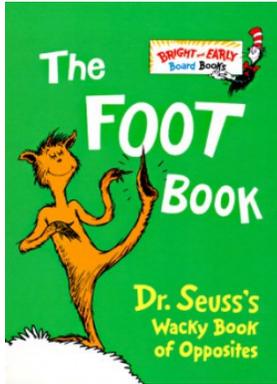
How will you know if you have toenail fungus? You may have a nail fungal infection (onychomycosis) if one or more of your nails are:

- thickened
- brittle, crumbly or ragged
- distorted in shape
- dull, with no luster or shine
- dark in colour (caused by debris building up under your nail)

Infected nails may also separate from the nail bed, a condition called onycholysis. Some patients may feel pain in the toes or fingertips and detect a slightly foul odour.

The new Noveon Nailaser is the safest and most effective treatment option available. The laser is able to kill the fungus using certain light wavelengths that are known to disrupt the metabolism of fungal cells. Once their metabolism has been altered, the fungal cells die. Meanwhile, healthy skin and tissue cells are left unharmed. Ready to say goodbye to fungal nails? [Contact us](#) today!

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## Celebrating May ...

Foot Health Month – with Dr. Seuss

May is the month to think feet. And who better to celebrate Foot Health Month with than beloved children’s author, Dr. Seuss and his oh, so appropriate reader, "The Foot Book: Dr. Seuss’s Wacky Book of Opposites".

According to [Seuss blogger](#), Jack St. Rebor, "The purpose of the book is to teach very young children very simple vocabulary, but I like the idea of a subtle message suggesting that the feet represent the different types of people we meet in life and how they’re all interesting and worth learning about".

We concur! Whether they are wet or dry, high or low, big or little, trick or sick, we’re committed to caring for every foot type at our Oakville Foot & Orthotic Clinic.

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## 7 Warning Signs Your Child May Have Foot Problems

Foot Pain in Children is not Normal

It’s not normal for any child to have foot pain! Watch for these warning signs and symptoms:

1. Unable to keep up with friends
2. Withdraws from activities
3. Cautious about bearing weight
4. Swelling, numbness or tingling in ankles or feet
5. Inability to move limb properly
6. Often trips and falls
7. Complains of pain

Common injuries for children include:

- ankle sprains
- tendonitis
- stress fractures
- chronic heel pain from overuse and inflammation in the heel, bone or growth plate

While we can't completely avoid injuries in children, we can take preventative measures like these:

1. Watch your child for warning signs and symptoms
2. Buy sport-specific shoes to ensure maximum comfort, stability, support, and performance
3. Ensure that every pair of shoes or skates fit properly
4. See your Chiropodist/Podiatrist for regular footcare and gait analysis.

If you suspect that your child may be experiencing foot problems, [talk to us](#). We've got kids of our own. We know how you feel!

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## Spring into Spring with SIGVARIS!

NEW! Spring 2014 Sheer Colour Collection

Oh boy! Not only is it spring (finally), SIGVARIS has announced their Spring 2014 Sheer Colour compression hosiery collection!

There are many benefits of wearing [SIGVARIS](#) hosiery:

- lightweight fabrics are perfect for warmer temperatures
- relieves tired, achy legs
- fashion forward colours such as navy, natural, suntan, mocha, nightshade, charcoal, taupe, cafe and black
- range of sheer compression levels (medical and well being)
- 3 styles (knee-highs, thigh highs, pantyhose)

Wear them once and feel the difference. [Talk to us](#) about the perfect fit for you!

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## Werkman Family Update

Time Flies When You're Having Fun...

Wasn't it yesterday that the Werkman girls started kindergarten? We know it's hard to believe but **Kaitlin** recently completed her 3rd year of the B.Sc. Podiatry program at Queen Margaret University in Scotland.

Kaitlin will be working with us here at the Oakville Foot & Orthotic Clinic this summer, treating patients under Rick's supervision. She will be returning to school in the fall to complete her optional 4th year (Honours) degree.

Kaitlin will also be filling in for co-Chiropodist/Owner, Nadine Webster of [Kawartha Total Foot Care Centre](#) in Bobcaygeon from June 23 - July 10 working under the supervision of chiropodist, David Murphy.

**Rachel** has completed her 1st year at Brock University in pursuit of her B.Sc. in Nursing. She is passionate about earning her nursing degree and is looking forward to year two in the fall. Rachel is working part time here at the Oakville Foot & Orthotic Clinic, part time at McDonalds and hopes to volunteer one day a week for the summer at an Oakville based walk-in clinic on Speers Road.

Our youngest daughter, **Sarah**, will be heading off to Grade 12 in the fall. Over the summer, she will be continuing her employment at McDonalds, where they love her as much as she loves them! The consummate people person, Sarah also loves art. She is a very talented artist with the natural ability to share her warmth and kindness for others through her work.

We couldn't be more proud of our girls. But seriously .... where does the time go?

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## Every Picture Tells a Story

This is our story...

If you are experiencing any of these aches, pains, conditions or symptoms, [talk to us!](#)

The Oakville Foot & Orthotic Clinic of J. Richard (Rick) Werkman provides professional Chiropody services for every foot health need!

You're just steps away to healthy, happy feet!

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**Sore Feet, Sports Injury, Painful Ingrown Toenails? Plantar Warts? We can help!**

Exceptional footcare for all ages.

- Routine footcare • Corns & calluses • Plantar warts • Heel/arch/foot pain
- Diabetic footcare and education • Thick or ingrown nails • Nail surgery
- Sports related foot problems & injuries • Custom made orthotics
- Sigvaris® compression stockings
- Evenings and Saturday appointments available
- New patients welcome!

Now offering Laser treatment for toenail fungus.

1495 Cornwall Rd., Suite 33, Oakville  
located on the north/west corner of maple grove dr. and cornwall rd.  
T: 905-845-4817 www.werkman.ca

International Women's Day  
2014 • Celebrating 103 Years • 2014

*The Dinner Party*

Wednesday  
March 5, 2014

A Fundraiser For  
S.A.V.I.S.  
Sexual Assault and Violence  
Intervention Services  
C.S.A.W.  
Canadian Women in Support  
of Afghan Women

Mary Walsh  
KEYNOTE SPEAKER  
Actress, Comedienne,  
Social Activist

Tickets  
\$55  
Tables of 10  
required

Details available  
through S.A.V.I.S. Helpline  
905-875-3677

Oakville Conference and Banquet Centre  
2511 Speers Road, Oakville

5:30pm - Cash Bar, Afghan Market, Book Sales, 54/30 Bars, Silent Auction  
6:30pm - Dinner, Keynote Speaker

## Did You See Mary Walsh?

Actress, Comedienne and Social Activist

We were proud to lend a helping hand in celebration of International Women's Day on March 5, 2014. The team at Werkman Chiropody in the Oakville Foot Clinic donated a gift certificate for the Silent Auction at the fundraiser for Sexual Assault and Violence Intervention Services (SAVIS) and Canadians in Support of Afghan Women (CSAW).

"The Dinner Party" was hosted by Women of Halton Action Movement (WHAM) and Zonta of Oakville.

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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".

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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/](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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