

# Summer 2016

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J. Richard Werkman  
CHIROPODIST



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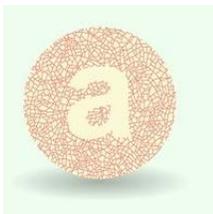
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## Rick Werkman, D.Ch., B.Sc., Podiatric Medicine

*Is an Oakville, Ontario based registered chiroprapist and with his qualified team of professionals provide routine foot care and treat everyday foot problems and needs, specializing in foot care solutions for all ages, from children to adults and seniors. Everyone deserves healthy feet!*

## What Every Parent Needs to Know About Buying Back to School Shoes...

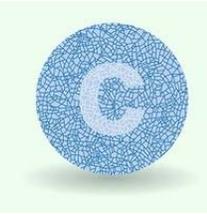
**Take Care of Your Kids Feet This Fall!** September is here! Some parents are down-right disappointed while others are applauding. You know who you are. While you're making their back to school supply list, please spend extra time shopping for their recreation, sports and every day footwear. They only have two feet. You want them to be as supported and safe as all the other parts of their little bodies. Follow these ABCDEs of smart shoe shopping.



Whether it's on the school bus, in the classroom, on the playground or sports field, children need a well constructed pair of shoes to help reduce the risk of injury that can lead to more serious problems such as sprains, strains and fractures.



All parents want happy and content children. In spite of what your kids tell you, there's more to buying shoes than simply how they look. Not every fashion-forward shoe is a healthy choice. Look for 3 things when choosing shoes: (1) proper toe flexibility (2) a rigid middle (3) a stiff heel.



Don't be wooed (by salespeople or your kids) into buying shoes that need a "break-in" period. If they are not comfortable immediately, don't buy them. Make them take a walk and carefully watch their movements. Uncomfortable shoes don't lie.



Never hand down footwear. No four feet are alike. The odds are against a shoe properly and comfortably fitting two children. Besides, sharing shoes can spread fungi like athlete's foot or nail fungus.



Take note of changes in your child's feet. It may be necessary to change shoe and sock sizes every few months as his/her feet grow. Remember, children won't always tell you about their foot or ankle discomfort. Red spots from rubbing and blisters are giveaways that something is amiss.

Choosing properly fitted and supportive shoes that offer good support and protection is important to the overall health of children. Talk to your [chiropodist](#) or podiatrist for more information on children's feet and how to choose shoes for sports and every day. ☺

## How to Keep Your Feet in Good Condition...

*Timeless Advice for Healthy Feet.* If you're 60+ - you already have about 100,000 kilometres on your feet. While none of us can turn back the hands of time, it doesn't mean the next 100,000 kilometres can't be comfortable (and fun). There are lots of things you can do to keep your feet in good condition.



- Wear good quality shoes designed for your sport of choice, whether it's shopping, walking, cycling or hiking.
- Have your [feet and toe nails checked](#) and cared for regularly by a Chiropodist/Podiatrist. This includes the mapping of moles and warts.

- Perform gentle ankle exercises such as moving your feet in circles tracing the letters of the alphabet. This helps improve mobility, flexibility and circulation.
- Do calf-stretches to reduce any tightness in the back of the lower leg muscles. Lean against the wall and place one foot forward and one foot back; bend the forward knee and you will feel the calf muscle of the opposite leg stretch. Hold for 10 seconds. Change the position of your legs and repeat the exercise.
- Use insoles/[orthotics](#) to add cushioning to the soles of your shoes or to correct foot abnormalities/gait. As we age (and we all do), the fat pad under the bones at the ball of the foot tends to get displaced forward thus reducing cushioning. An insole will provide extra cushioning and an orthotic will make walking more comfortable.
- Have your foot mechanics evaluated by a Chiropodist/Podiatrist. Structural imbalances that can lead to painful bunions, corns and calluses can be corrected.
- [Treat ingrown toenails](#). A Chiropodist/Podiatrist can clip away a segment of the offending nail to provide immediate relief or permanently remove the offending nail border.
- If you have varicose veins, elevate your feet when you can and walk as often as you can. [Compression stockings and socks](#) may be beneficial too.
- Keep moving. Check with your general practitioner and then start a gradual walking or exercise program. Be sure to wear appropriate and comfortable fitting shoes.
- If you are [living with diabetes](#), you need specialized footcare – to reduce the risk of wounds that could lead to infection and amputation.

Make your next 100,000 kilometres the best ever! See your [Chiropodist](#) today! ☺



## Foot Footcare for Kids with Diabetes...

### *Diabetic Footcare is Vitaly*

*Important!* Kids and adults of all ages living with diabetes are less likely to feel a foot injury, such as a blister or cut. That's why diabetic footcare and education is vitally important.

Diabetes can make injuries more difficult to heal. Left untreated, even small foot injuries can quickly become infected, potentially leading to serious complications. [Prevention](#) is the best medicine.

### **Keep 'Em Healthy with a Daily Foot Care Routine**

Put together a foot care kit containing nail clippers, nail file, lotion, and a non-breakable hand mirror. Let your kids decorate the kit so it's personalized to them. Keeping what you need together in one place, where you use it, will make it easier for everyone. Here is the recommended daily foot care routine suggested by the [Canadian Diabetes Association](#) and your [Chiropodist/Podiatrist](#):

1. Wash your feet in warm (not hot) water, using a mild soap. Don't soak your feet, as this can dry your skin.
2. Dry your feet carefully, especially between your toes.
3. Thoroughly check your feet and between your toes to make sure there are no cuts, cracks, ingrown toenails, blisters, etc. Use a hand mirror to see the bottom of your feet, or ask someone else to check them for you.
4. Clean cuts or scratches with mild soap and water, and cover with a dry dressing suitable for sensitive skin.
5. Trim your toenails straight across and file any sharp edges. Don't cut the nails too short.
6. Apply a good lotion to your heels and soles. Wipe off excess lotion that is not absorbed. Don't put lotion between your toes, as the excessive moisture can promote infection.
7. Wear fresh clean socks and well-fitting shoes every day. Whenever possible, wear white socks – if you have a cut or sore, the drainage will be easy to see.

### **Members of your Foot Care Team can Include:**

- [Chiropodists](#) or Podiatrists: Specialize in treating foot diseases, disorders and dysfunctions
- Diabetes Educators: Provide education on diabetes, including foot care
- Doctors: Assist in diabetes management, and some have specialized training in foot care
- Nurses: Some have specialized training in foot care

## Be Active – Everyday!

[Canada's Physical Activity Guides](#) for Children and Youth recommend that children build up to 90 minutes of activity (30 minutes vigorous, 60 minutes moderate) per day. Being physically active keeps children fit and healthy. There are also many social, emotional and educational benefits, which lead to:

- Healthy bodies: Regular activity builds a healthy heart, burns excess energy to help maintain a healthy weight and can prevent or delay type 2 diabetes as well as other chronic diseases.
- Positive self esteem: Activity helps children feel good and try new skills.
- Social skills: Group activity provides the chance to make friends, build confidence and learn team-building skills.
- Good mental health: Activity can reduce stress, anxiety and depression.
- Better grades: Activity can improve memory, creativity and problem-solving.

We want you to feel comfortable and confident talking to all the [footcare practitioners](#) at the Werkman Foot & Orthotic Clinic. We are all about feet! 



## Baby Steps: Understanding Children's Feet...

*Did You Know? Many Adult Foot Ailments are Present at Birth or Originate in Childhood.* The Canadian Podiatric Medical Association says, "Because the feet of young children are soft and pliable, abnormal pressure can easily cause deformities. This is why podiatrists [and chiropodists] consider the first few years to be the most important in the development of the feet. By visiting a podiatrist [or chiropodist] periodically and regularly performing foot care you can minimize problems later in life."

## How to Help Little Feet Grow Normally

“Shoes are not necessary indoors when your child first begins to walk. Allow your child to go barefoot or wear just socks when indoors. This helps the foot grow normally and develop its musculature and strength, as well as the grasping action of toes. When walking outside or on rough surfaces, your child’s feet should be protected in lightweight, flexible footwear made of natural materials.”

## Never Hand-Down Footwear

“As your child’s feet continue to develop, it may be necessary to change shoe and sock sizes every few months to allow room for the feet to grow. Although foot problems result mainly from injury, deformity, illness or hereditary factors, improper footwear can aggravate pre-existing conditions. Footwear should never be handed down from one child to another”.

Are your children getting ready to go to school for the first time or back to school? Talk to [your Chiropodist](#) today about footwear for school and sports. ☺



## Worry Free Summers Start with Caring Hands for Happy Feet!

*Free your feet and have a **sun-sational summer!*** Pretty much the last thing you want to focus on during our short (and oh, so dry) Ontario summer of 2016 is a foot problem.

Whether you’re worried about [routine foot problems](#) such as:

- athlete's foot
- blisters
- bunions
- corns and calluses
- hammertoes
- unsightly toenail fungus
- warts

or suffering with the discomfort of:

- foot pain
- ankle pain
- heel pain
- leg pain
- arthritis and joint pain
- heel spurs
- ingrown toenails
- neuromas

At the Werkman Foot & Orthotic Clinic we think outside the boot (or sandal). We offer both – routine foot and nail care and specialized foot and nail care for children, seniors, diabetics, adults, and athletes of all shapes, sizes and genders. We've never met a foot we didn't love! Learn more about the [Foot Related Conditions](#) and [Foot Related Products](#) we stand by every day.

Come and experience [caring hands for happy feet](#) today! ☞

## Does That Mole Look Different Today?

*It's Time to Book an Appointment with a Foot Care Specialist!* You're drying your feet when suddenly you notice a change in a mole or wart – **you think**. With a furrowed brow you ask yourself, "does that look different than yesterday?"



At the Oakville office of Werkman Foot & Orthotic Clinic, we've recently added a DermLite® dermatoscope to our footcare routine in order to map and monitor changes in moles and warts on the lower extremities of patients. We've always monitored moles and warts. When we started our practice in 1991 (the pre-technology days) warts and moles were monitored and charted by eye. As technology evolved we mapped and charted with a camera, and now we're mapping and charting with a new dermatoscope called DermLite® that's portable and precise.



### *What is a Dermatoscope?*

A dermatoscope is an epiluminescence microscopy device designed to view pigmented skin and nail lesions with high magnification and clarity.

It's a painless device that allows us to effectively monitor and map moles and warts. It enables the trained eye to detect possible skin cancer and other types of skin conditions early.

If you notice changes in moles and warts anywhere on your body – contact your [health care professional](#) and make an appointment for a check-up today! You're never too busy to protect your health! ☞

# Say Goodbye to Fungal Nail Infections...



*Stamp Out Fungal Nail Infections!* Nothing spoils the look of a great summer sandal like an ugly fungal nail. You've tried everything to get rid of it, but nothing seems to work. Until now. Talk to us about a safe light laser treatment for fungal nail called [Noveon](#).

The Noveon Nail Fungus Laser's two light wavelengths (870nm/930nm) are uniquely selected to penetrate below the nail surface to attack nail fungus, while preserving healthy tissue. It uses light not heat! Laser light is precisely targeted using patient guards, which are clipped on to the infected toes in order to treat up to 4 nails at a time.

Two frequently asked questions:

**Question: How do I know if I have a fungal infection?**

- Answer: Since other diseases may also cause toenail discolouration or thickening, it is best to have it assessed by a professional. A registered chiropodist can quickly determine whether you have a fungal infection.

**Question: Will it go away without treatment?**

- Answer: No, the chances of it clearing up on its own are very low.

**Before & After Treatment Progression with Noveon Nail Fungus Laser:**



Do you have funky fungus living on your toe nails? It doesn't have to be that way! [Talk to us](#) and [book your appointment](#) today with the friendly folks at [Werkman Foot & Orthotic Clinic in Oakville](#). ☺



Source: [www.disabled-world.com](http://www.disabled-world.com)

## Werkman Chiropody Blog & Newsletter...

Would you like to receive updates about new products, services, and special offers? Subscribe to our bi-weekly blog or quarterly newsletter 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 | Injections  
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