

Exceptional footcare for all ages.

J. Richard Werkman
CHIROPODIST



Tips for Fall Foot Health

Summer 2014



Last Hurrah of the Summer?

Nothing can ruin a vacation like aching or troublesome feet. Enjoy these 3 tips for great trips!

Tip 1: Treat yourself to a professional pedicure before you go, or pamper yourself by doing it yourself.

- ✓ Trim your toenails - straight across.
- ✓ Exfoliate dead skin using a scrub or foot file when your feet are dry. Never cut or razor the skin on our feet.
- ✓ Moisturize your feet - but not between your toes.
- ✓ If you decide to wear nail polish, remember to take your base, colour, and top coat with you to the salon.

Tip 2: Flying? Take precautions.

- ✓ Some passengers experience painful foot and leg swelling while flying. Before you take to the skies, avoid salt, alcohol, and wear compression hosiery. Not only do compression socks and stockings reduce swelling, they make your legs feel great. Get up and move around while you're onboard. This will increase circulation to your legs and feet and minimize swelling. You can also try flexing, and extending your feet and ankles, so you won't stiffen up.

Tip 3: Take the right shoes (not the cute shoes).

- ✓ The shoes you wear will make a difference in how your back, legs, knees, ankles and feet feel at the end of the day. Avoid buying shoes in the hope you'll be able to break them in while away. Forget about new shoes and adorable shoes too. Think personal comfort.
- ✓ Don't forget your orthotics!



Barefoot Fitness? Be vigilant. Be safe. If you're starting a new fitness class where "bare is the required footwear", (ie yoga, karate, pilates), protect your feet from warts by (a) wearing light/invisible foot coverings at all times (b) wearing flip flops or sandals in public showers and (c) washing and thoroughly drying your feet.

(Plantar) warts are viral infections that usually develop on the soles of the foot. They are usually flattened by the pressure of walking and are surrounded by thickened skin. They tend to be hard and flat, with a rough surface and well-defined boundaries.

Warts may also appear on the top of the foot or toes where they are usually raised and fleshier. Warts are often flesh tone and have small black dots in the center. Unlike corns and calluses, plantar warts tend to bleed when debrided due to the many tiny blood vessels.



Sports Shoes, New Shoes, Loved Shoes! Proper shoe selection and fit will help alleviate pain, pressure and provide optimal comfort, whatever your sport. Shoe tying techniques will help alleviate pressure points.

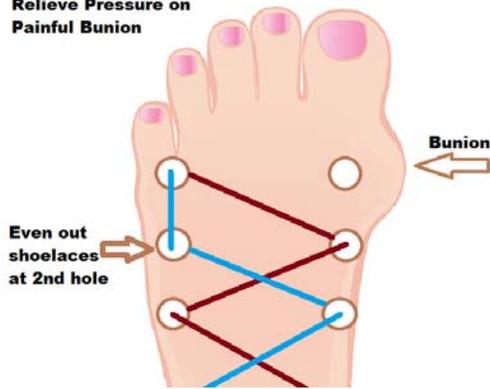
Custom orthotics for sports shoes (or any shoes) will correct foot deficiencies that are causing pain and discomfort not only in the feet, but in the ankles, legs, shins, knees, back and neck.

When purchasing shoes for sports or general wear, take note: if you have flat feet, choose a motion-control shoe. If you have high-arched feet, choose a cushioned shoe.

Your Chiroprapist can help answer all of your questions.

Bothersome Blisters. Shoes that don't fit properly may cause blisters. Blisters are fluid filled bubbles caused by friction, excessive moisture and/or shoes that are too tight or too loose. Should you prick a blister? Only if it's larger than 5mm. Using a sterile needle, prick the side of the blister and let it drain. Don't pull back or remove the loose skin. Cover the area with a bandage. Within 48 hours, most blisters are dry enough to expose them to air.

Lacing Technique to Relieve Pressure on Painful Bunion



Agonizing Bunions? Bunions are enlargements of bone on the first toe joint. Some of the causes may be footwear, disease, genetics or overpronation (flat feet). Bunions are a progressive deformity. The area will often become painful and red. Controlling excess pronation can often take pressure off the first toe joint and help to relieve the pain, but it will not change the size of the enlargement. An orthotic can stop or slow down the progression of the deformity, but only surgery can remove the excess bone. Effective shoe lacing techniques can also help to relieve pressure.

Shoes for Going Back to School. Contrary to what your kids will tell you, if a shoe doesn't fit - don't let them wear it! Choose foot friendly shoes for the school bus, in the classroom or on the playground, children need a well constructed pair of shoes to help reduce a child's risk of injury that can lead to more serious problems such as sprains, strains and fractures. We naturally want to keep our children happy and content, that's why the Canadian Federation of Podiatric Medicine (CFPM) wants parents to understand the importance of buying properly fitted, supportive shoes that offer protection and comfort.



Not every shoe on the market is a healthy choice. Parents should look for proper toe flexibility, a rigid middle and a stiff heel when purchasing footwear for their children. Other factors that should be considered include, NOT buying shoes that need a "break-in" period. If they are not comfortable immediately, don't buy them. Never hand down footwear. Just because a shoe fits one child comfortably does not mean it will fit the other the same way. Also sharing shoes can spread fungi like athlete's foot or nail fungus.

Take note of changes in your children's feet. It may be necessary to change shoe and sock sizes every few months as feet grow. Be aware that children might not complain about their foot discomfort. Proper foot care is important to the overall health of children. See your chiropodist or podiatrist at the first sign of foot problems.



Pedicures are Becoming a Huge Health Risk!

About Bad Pedicures...

Many thanks to a Werkman Chiropody patient for allowing us to publish these pictures of a "bad pedicure" (next page) and what it took to treat what was really going on beneath the nail.



“Debridement”, by the way, is the medical removal of dead, damaged, or infected tissue to improve the healing potential of the remaining healthy tissue. In short, pedicures are becoming a huge health risk!

We know it’s a challenge trying to determine whether your “nail salon of choice” is following proper sterilization methods, but the other culprit is nail polish that’s “double-dipped” exponentially and can contain more fungus and bacteria than any of us can even pronounce.

You can eliminate one health risk by taking your own base coat, colour, and top coat.

If these pictures didn’t convince you to take extreme care, learn more at:

<http://health.howstuffworks.com/skin-care/nail-care/health/5-nail-salon-infections.htm>.

Bad pedicures are more than lousy polish application! They’re about your good foot health. If your nails become [thick, discoloured, or flakey](#) see your Chiropractor/Podiatrist today! Together we can stamp out bad pedicures!



Steps for Healthy Feet

Special footcare is required when living with diabetes...

When living with diabetes, it’s very important to take special care of your feet. Left untreated, or improperly managed, diabetes can result in a variety of complications, including heart attack, stroke, kidney failure, amputation, blindness, and impotence. Learn more about [complications from diabetes](#) from the Canadian Diabetes Association and follow these guidelines courtesy of the [Canadian Association of Wound Care](#).

General Health

1. Control your blood glucose levels
2. If you smoke, quit
3. Exercise daily as directed by your healthcare professional

Caring for Your Feet

1. Look for signs of redness or blisters on your feet. This shows your shoe may not fit properly
2. Wash your feet daily. Dry well, especially between your toes. Apply a moisturizer to your feet but not between your toes.

3. Do not soak your feet
4. If you are unable to reach your toes or do not have feeling in your feet, have a healthcare professional trim your toenails for you

Footwear

1. Shake out your shoes before you put them on
2. Wear shoes at all times, indoors and out
3. Buy shoes with closed toes as they protect your feet from injury
4. Change your socks every day
5. Buy shoes late in the day as feet tend to swell
6. Have your shoes professionally fitted by a footwear specialist

If you are living with diabetes, or know someone who is, watch this video, "[Diabetic Foot Care with Kyle Goetti](#)" to learn more about diabetes and the proper techniques for caring for feet. Then [come talk to us](#) for more information on living well with diabetes.



Notification of Commendation

Head of Division Commends Kaitlin

We're delighted and very proud to share Kaitlin's Notification of Commendation recently received from Lynne Flynn, Head of Division of Dietetics, Nutrition, Biological Sciences, Physiotherapy, Podiatry and Radiography at Queen Margaret University.

"16/Jun/2014

Dear Kaitlin

It gives me great pleasure to inform you that at the recent Board of Examiners it was agreed that you should be sent this notification of commendation. Your academic performance has shown a high average mark for the modules you undertook this academic year.

Please accept my congratulations on behalf of all the staff associated with your programme. Well done! Best wishes

Yours sincerely

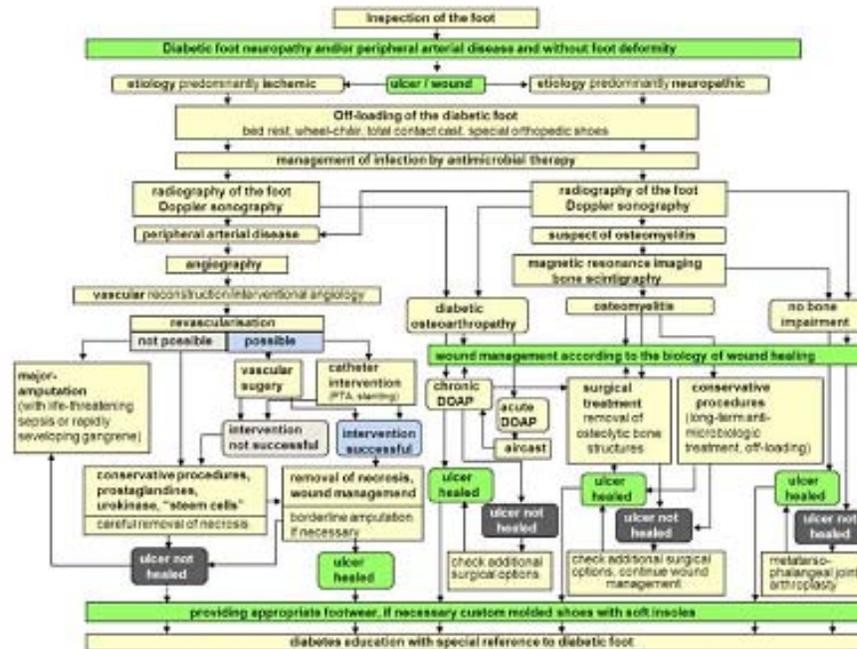
Lynne Flynn
Exam Board Convenor, Head of Division"

Kaitlin recently completed her 3rd year of the B.Sc. Podiatry program and will be working with us at the Oakville Foot & Orthotic Clinic this summer, treating patients under Rick's supervision. She has returned to school to complete her optional 4th year (Honours) degree. Exceptional footcare runs in the family!

47 Reasons Diabetic Feet Need Special Care

The consequences of ignoring your feet...

If you think your life is busy now, consider the consequences of ignoring your feet if you're living with diabetes. The chart below depicts the reality of untreated diabetic wounds. It's not pretty.



Prevention is the best line of defence. Prevention includes a thorough foot assessment and examination with your Chiropodist/Podiatrist and regular visits. Learn more about footcare and diabetes here: [Why footcare is so important for people living with diabetes](#).

If every person diagnosed with Type 1 or Type 2 Diabetes focused on the two lines at the top and bottom of this chart, we could all avoid the unpleasantness in the middle! Learn more about the [Do's and Don'ts of Diabetes](#).

If you know someone living with diabetes, share this information with them, and [contact your Chiropodist](#) an appointment 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/ 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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