

Exceptional footcare for all ages.

J. Richard Werkman  
CHIROPODIST



"Winter is not a season, it's an occupation"

~ Sinclair Lewis, novelist and playwright

Winter 2014/2015



### Did You Know? We're SIGVARIS Certified Fitters!

#### Compression Therapy for all ages and lifestyles

Compression Therapy is the application of external pressure to the limb to reduce venous pressure within the limb. Wearing graduated socks or stockings will support your veins and increase circulation, reducing swelling and the feeling of tired, achy legs.

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. (requires a doctor's prescription). **SIGVARIS WELL BEING** - For prevention and mild to moderate symptoms: 15–20mmHg. **SIGVARIS SPORTS** - For performance and recovery: 15–20mmHg & 20–30mmHg.

Do you have questions about compression therapy? Feel free to ask us any time!



### Sports Injury? Inflammation?

#### Magnetic Biostimulation may be your answer!

Magnetic Biostimulation is a treatment that uses magnetic fields to stimulate circulation and increase oxygen partial pressure. By increasing blood supply and metabolism, Magnetic Biostimulation and Infrared Rays can be used to target a specific area, or to treat the entire body. In other words, sack the pain so you can get back into the game (of life)!

Magnetic Biostimulation provides deep penetration, tackles a wide range of complaints, it's safe to use and is proven effective. We offer Magnetic Biostimulation in Oakville at the Werkman Foot Clinic, with Chiropractor, J. Richard (Rick) Werkman and his team of highly skilled and professional caregivers.

Here are some indications where MBS Magnetic Biostimulation combined with Infrared rays have been applied with great results:

- Fractures (especially non union)
- Connective tissue repair
- Delayed wound and bone healing
- Sports injuries
- Decubitus ulcers
- Migraine headaches
- Chronic and degenerative conditions
- Acute and chronic inflammation

Don't wait another minute to put pain where it belongs... on the sidelines or the penalty box. Make an appointment today and discover the benefits of Magnetic Biostimulation. Learn more about Magnetic Biostimulation here: <http://werkman.ca/conditions/magnetic-biostimulation/>



### **Get Ready for Vacation Season Leave Toenail Fungus Behind!**

Preparing for vacation season? Look down. If one or more of your toenails is...

- 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)

...you may have a nail fungal infection (onychomycosis). Don't worry. We can help. Rick Werkman, and the team at the Oakville Foot and Orthotic Clinic offer a revolutionary laser treatment option, Noveon Nailaser, that can get rid of toenail fungus in as little as 2-3 sessions.

The Noveon Nailaser is the safest and most effective treatment option available. The laser is able to kill the fungus using 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.

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 laser procedure for treating toenail fungus at <http://werkman.ca/conditions/noveon-nail-fungus-treatment/>, watch the video, and contact us today!



### **The Office Was Closed on January 8 Saying Goodbye to Owen van Houwelingen**

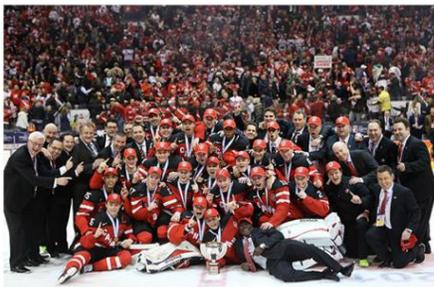
Our hearts are heavy. The Werkman Foot Clinic was closed on Thursday, January 8th so that we could properly say our goodbyes to 17 month old, Owen van Houwelingen. Owen was very special to all of us. He fought bravely but lost his earthly battle with MECP2 Duplication Syndrome.

The van Houwelingen and Werkman family history goes back many years. Owen's mom, Laura, and her sisters were our amazing almost live-in nannies. As a family, we attended Laura and Kees wedding in Holland 12 years ago.

Owen was born prematurely and was a little guy. Daughter, Rachel had the opportunity to babysit Owen often. Rachel, Kaitlin and Vicki took turns staying with him at McMaster Children's Hospital so Laura could spend time at home with her husband and son Marco.

We all grew to love Owen as our own. We will miss patting his remarkable fuzzy hair. Laura and Kees have asked for awareness to the condition that claimed their young son. We are honouring their request. In lieu of flowers, donations may be made to the MECP2 Duplication Syndrome 401 Project at [www.401project.com](http://www.401project.com) as expressions of sympathy.

<http://www.kitchingsteepeandludwig.com/obituaries/obituary-listings?obId=373488#/obituaryInfo>



### **Way to Go Team Canada Canadian World Junior Champions Bring Home Gold!**

Let's take a moment today to honour our Canadian World Junior Champions for bringing the gold medal back to Canada after six long years!

What a game!

The star-studded Canadians came in waves — Connor McDavid, Anthony Duclair, Max Domi, Sam Reinhart — to overwhelm their Russian rivals early, then held on late in a frenetic, nerve-wracking 5-4 final for the world junior hockey championship.

Top athletes like these have to take serious care of themselves from top to bottom... including their feet. Is your New Year's Resolution to be an elite athlete? [Talk to us](#) about your foot health today. We'll support you every step of the way. (Photo credit: Steve Russell / Toronto Star)



### **It's Ice Time!** **The Beauty of Ice**

Ice is a beautiful thing – when you're wearing the right foot gear, of course! Whether you're out for a walk or throwing a rock (curling), playing ringette or hockey, or enjoying a little leisure or figure skating, your feet deserve the same support and stability as if you're on dry land (so to speak).

Talk to your Chiropractor/Podiatrist about proper footcare including orthotics for all your favourite winter sports! Bring it on! Learn more about custom made orthotics at <http://werkman.ca/conditions/custom-made-orthotics/>



### **Got Cold Feet?** **Causes, Treatment and Prevention**

Cold feet are common in all age groups but become more problematic as we age due to a decrease in circulation. It's almost a Canadian tradition to have cold feet in the winter. But cold feet can lead to chilblains and even frostbite. Let's face it, cold feet are bothersome, troublesome and uncomfortable. If our feet are cold, then so are we!

#### **What Causes Cold Feet?**

Generally speaking, cold feet are a result of a constricting affect on blood vessels in our limbs, which will decrease the flow of blood to the hands and feet. When this happens, appendages may change colour, first white, and then if severe enough – blue, and be accompanied by feelings of burning, tingling, itching, numbness and pain. Ouch!

#### **What you Can Do for Cold Feet**

The best treatment for cold feet is prevention! But if you suspect there's more going on under those socks, see your doctor or Chiropractor/Podiatrist for help.

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## How to Prevent Cold Feet

- Wear warm clothing. Keep your feet AND core warm by weather clothing that is appropriate for the temperature.
- Eat warm food. Not only is warm food comforting, it also requires less body energy to digest, leaving more energy to keep you warm.
- Exercise. Take a walk and promote better blood circulation to your feet.
- No smoking. Smoking affects your blood vessels just like the cold does. Smoking causes the blood vessels to constrict so that less blood (and warmth) goes down to your feet.
- Avoid coffee. The caffeine in coffee constricts blood vessels in the feet and legs, causing less blood and consequently warmth to get down to where it is needed. Try caffeine free tea or coffee containing flavonoids which help support blood vessel health.
- Give yourself a "time out." Sit back, relax and soak your feet in warm water (never hot). Add your favourite foot soak and enjoy the moment. In no time you'll have warm and "happy feet" again!

Taking proper care of your feet at every age and stage of life is important. See your Chiropodist/Podiatrist regularly for more helpful advice on good foot health!



## 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/](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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