

Exceptional footcare for all ages.

J. Richard Werkman
CHIROPODIST



"Canada has two seasons...
winter and construction!"

Spring/Summer 2015

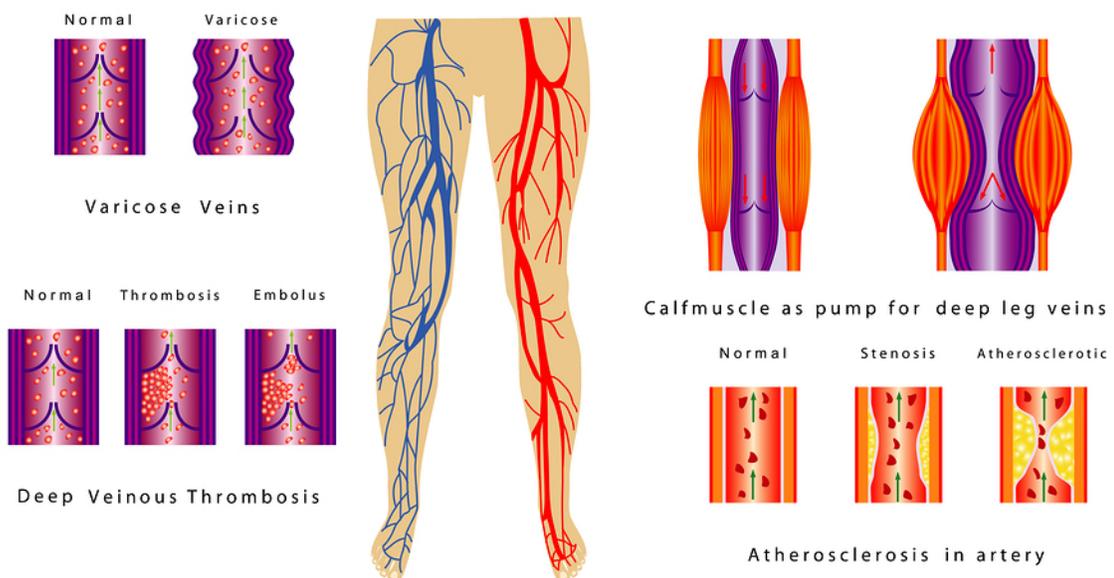
Warm Weather Greetings!

Winter and construction... so true! Everywhere you go these days, you see maintenance crews working to improve our roads. As frustrating as it may be to navigate at times, maintaining and improving our roads BEFORE there are problems, makes a lot of sense. The same applies to our feet. Routine foot care and maintenance leads to better overall health and wellness. See your Chiropodist/Podiatrist today, and leave extra time to get your appointment, just in case there are traffic delays. 🙄

What You Should Know About Blood Clots

Deep Vein Thrombosis (DVT) can be deadly!

Did you know that every year more people die from blood clots than from breast cancer and AIDS combined? In fact, more than two million North Americans are affected by blood clots every year. A blood clot, also known as a Deep Vein Thrombosis (DVT), can break loose and travel to the lungs resulting in a Pulmonary Embolism (PE), an often fatal condition.



Risk factors: Age 40+, pregnant, using birth control, high blood pressure, cancer, diabetes, smoker.

Your doctor may prescribe compression stockings because they provide a graduated pressure that is more firm at the bottom of the stocking or sock and gradually decreases up the leg. This graduation aids in improved blood flow back to the heart because gravity and pressure make it difficult for the blood to flow in an upward direction.

SIGVARIS, the global leader in medical compression stockings and socks, is working to educate people about DVT prevention... and so are we!

How you can prevent a DVT:

- stop smoking
- exercise
- drink plenty of water
- limit caffeine and alcohol intake
- wear compression socks and stockings every day

And of course, see your Chiropodist/Podiatrist regularly!



Thank You for Your Referrals! **You Are Appreciated**

The highest compliment a patient can give is a referral or recommendation to another person who is in pain or in need of professional footcare. To some, it is a simple act of kindness. At the Werkman Foot & Orthotic Clinic, it means we have delivered on our promise of exceptional footcare for all ages. It also means that we have and will continue to honour the trust our patients place in us. For that, we are extremely grateful.

Thank you for your referrals. We love adding the "care" to footcare. May is International Foot Health Awareness Month... hug your Chiropodist or Podiatrist today!



New! Diabetic Socks from SIGVARIS **Celebrating International Foot Health Awareness Month**

Following the Canadian Diabetes Association standards and guidelines, SIGVARIS introduces a new compression sock for people living with diabetes. SIGVARIS-Eversoft-Diabetic-Sock Introducing SIGVARIS 160 EVERSOFTE Diabetic Sock, with a low compression factor of 8-15 mmHg.

Ideal for everyday wear and sensitive skin

Thick, padded soles, heels and toes to protect feet
Flat, low friction toe seam
Soft, stretchable knit-in band prevents pinching

Available Styles & Colours:

Closed toe, Calf – White* (00), Compression Level 8-15mmHg, Available for men and women

* SIGVARIS 160 EVERSOFIT Diabetic Socks are only available in white in compliance with Canadian Diabetes Association guidelines. If a sock is dark or black, and there is an active wound, it will often be missed, however, if the sock is white, it is noticed earlier. People with diabetes often do not have full feeling in their feet and because of this, wounds can be missed, hence the white sock rule.

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. Learn more about SIGVARIS products, then talk to us! We're SIGVARIS Certified Fitters and we will help you find the best fit for your needs.



Fascinating Facts about Feet! **Feet are your foundation!**

Feet are often taken for granted – that is, until something goes wrong. Feet get us around – we rely on our feet everyday for walking, running, jumping. And yet, most people know very little about what actually goes on inside the foot.

Foot bones...

Most people have 26 bones in each foot, but some people have 28. These extras, called supernumerary sesamoids, are found on the bottom of the foot just behind the big toe. Fourteen of the 26 bones are found in the toes. Each toe has three bones, except the big toe, which has two.

Foot structure...

There are 206 bones in the body which means more than a quarter of all our bones in our bodies are in our feet. Thirty-three joints, 107 ligaments, 19 muscles, and tendons hold the structure together and allow it to move in a variety of ways. The 52 bones in your feet make up about one quarter of all the bones in your body.

Sweat...

The soles of your feet contain more sweat glands and sensitive nerve-endings per square centimetre than any other part of your body. There are approximately 250,000 sweat glands in a pair of feet, and they excrete as much as half a pint of moisture each day.

Skin thickness...

The skin on your feet is thicker than it is anywhere else on your body.

Stress related susceptibility...

When you are stressed, you are more susceptible to the virus that causes warts on the foot.

Walking, Foot Health, and Exercise...

Walking is the best exercise for your feet and is also good for your overall health. It contributes to your general health by improving circulation, contributing to weight control and promoting all-around well being. During a typical day, the average person spends about four hours on their feet and takes between 8,000 and 10,000 steps. The average person walks up to about 160 000 kilometres, or 115,000 miles, in their lifetime, enough to walk around the earth 4 times. That works out to around 6 and a half kilometres a day. While walking, each step can exert a pressure on your feet that exceeds your body weight and when you're running, it can be three or four times your weight — which adds up to a cumulative force of over 500 tons a day. With certain sporting activities this force can go up to 7 times bodyweight.

Nerve and sensory information...

There are more nerve endings per square centimetre in the foot than any other part of the body. Our feet constantly supply us with information about the surface we walk on, without our being even being aware of it. They tell us whether the surface is hot or cold, rough or smooth, which side it slopes to, etc.

Foot problems, pervasiveness statistics...

Seventy-five percent of Canadians will experience foot health problems of varying degrees of severity at one time or another in their lives. About 19 percent of the Canadian population has an average of 1.4 foot problems each year.

Gender propensity for foot problems...

Women have about four times as many foot problems as men; lifelong patterns of wearing high heels often are the culprit.

Foot symptoms can portend serious disease...

Your feet mirror your general health. Such conditions as arthritis, diabetes, nerve and circulatory disorders can show their initial symptoms in the feet — so foot ailments can be your first sign of more serious medical problems.

Common foot conditions, statistics...

Athlete's foot / other foot infections: About 5 percent of the Canadian population has foot infections, including athlete's foot, other fungal infections, and warts each year.

Corns and calluses: About 5 percent of the Canadian population has corns or calluses each year.

Fallen arches / other feet injury: About 6 percent of the Canadian population has foot injuries, bunions, and flat feet or fallen arches each year.

Ingrown toenails: About 5 percent of the Canadian population has ingrown toenails or other toenail problems each year.

Most frequently occurring foot problems...

About 60 percent of all foot and ankle injuries, reported by the Canadian population older than 17, were sprains and strains of the ankle.

Income and foot health...

As a person's income increases, the prevalence of foot problems decreases.

Insect bites...

The foot is the most common body part bitten by insects.

These fascinating foot facts were sourced through the Canadian Federation of Podiatric Medicine.

Take care of your feet every day. See your Chiropodist or Podiatrist regularly and let's stamp out foot dis-ease!



Relief for Ingrown Toenails and Plantar Fasciitis

Ingrown Toenail

An ingrown toenail makes you painfully aware of a toe you wouldn't otherwise notice. As the side of the nail digs into the skin, it gets irritated and causes pain. Lots of pain.

If an ingrown toenail breaks the skin, bacteria and infection set in, and that will make it even more painful. A red, swollen, hot and very painful ingrown toenail is probably infected.

Common causes of ingrown toenails include footwear that does not fit properly, trauma to the toe, improper trimming, heredity, and pedicures if the toenail is cut back too aggressively.



At-home treatments for ingrown toenails. Sometimes, you can treat your ingrown toenails at home. If your ingrown toenail doesn't show any of the signs of infection — swelling, hot to the touch, oozing, foul odour — you might try letting the nail grow out. Another treatment option is to soak the offending foot in warm water with Epsom salts or a mild detergent, then apply an antibiotic ointment and bandage to the toe. The third at-home treatment option is to remove it yourself if there's no infection (not recommended for those who are squeamish).

Best treatment advice. See a licensed Chiropodist or Podiatrist for infected ingrown toenails. If you aren't completely confident that you can deal with treatment at home, a Chiropodist or

Podiatrist can perform the procedure under a local anesthetic.

Never ignore an infected ingrown nail. A prolonged infection can spread and lead to serious complications, especially if you suffer from poor blood flow, an impaired immune system, or diabetes. Children and adolescents often show signs of ingrown toenails because of sudden growth spurts that crowd feet into socks and shoes that are too short or tight. Parents of children and adolescents [living with diabetes](#) need to be vigilant with daily foot checks.



Plantar Fasciitis

Heel pain may be the result of inflammation of the plantar fascia that connects your heel to your toes. A sure sign of plantar fasciitis is when the pain presents itself in the morning or after resting. Calcium deposits in the heel bone, often known as a heel or bone spur, may also be the root cause, as this would lead to more strain on the ligaments that stretch across the underside of the foot.

Common causes of plantar fasciitis include age, weight gain, a rapid increase in exercise, or wearing the wrong shoes. Nearly 3/4 of high-heel wearing women suffer from plantar fasciitis. Ouch!

Plantar fasciitis treatment. If you experience heel pain for three months or more, and rest and new footwear don't help, make an appointment with a Chiropodist or Podiatrist. If you receive treatment early on, it's easier to alleviate the pain and prevent a recurrence. Your Chiropodist or Podiatrist will carefully assess your problem and suggest appropriate treatment.

Treatment options may include custom made orthotics that provide dynamic cushioning. Severe plantar fasciitis cases may require foot taping, a stint in a soft boot, non-steroidal medications, or cortizone shots.

Simple stretches may help ease the pain. Cross your right leg over your left knee and grab your toes with your right hand. Press your right foot toward your right knee, holding for three seconds. Release stretch and pull right foot away from knee. Repeat five times. Switch legs and repeat the same sequence.

Don't delay treatment. If severe heel pain appears out of nowhere, seek treatment from a licensed footcare provider (Chiropodist or Podiatrist) immediately. Extremely athletic people can actually rupture their plantar fascia, which may take a few weeks of recovery with a boot and crutches.

Your feet are your foundation for life! Optimize foot health with your [Chiropodist](#) or Podiatrist today.

Spring into Spring with Healthy Feet! First Day of Spring, Friday, March 20th



This Friday is the first day of Spring! We made it (finally). To congratulate yourself for making it through another Canadian winter, give yourself a pat on the back, then make an appointment to see your friendly neighbourhood Chiropodist for some [routine foot care](#).

You don't need a doctor's referral to see a Chiropodist and many health care plans cover chiropody. Spring into this spring with glorious, happy and healthy feet!

The Painful Truth About Neuromas Watch out for burning or stabbing pain

A neuroma is a growth or tumor of nerve tissue that occurs in the ball of the foot, between the metatarsals. Neuro- is from the Greek for nerve and the suffix -oma denotes swelling.

A nerve courses between each of the metatarsal bones in the foot. When this nerve passes between the metatarsal heads at the ball of the foot, they sometimes become pinched by a shearing force that occurs during pronation, or rotational movement. This occurs most often between the third and fourth, or between the second and third toes. When the nerve is pinched, it becomes irritated, swollen and enlarged.



Patients often will describe a burning or stabbing type of pain in the ball of the foot. The pain will sometimes radiate into the adjacent toes of the foot. Transverse pressure while palpating the toe usually elicits pain.

People say they get relief by removing their shoes and massaging their foot. Orthotics to control the underlying pronation and/or metatarsal pads can also provide relief.

We provide professional clinical treatment for neuromas at the [Werkman Foot Clinic](#) in Oakville. Be foot smart and neuroma free! See your Chiropodist regularly!

Foot Riddles 10 Foot Riddles for Spring

1. Why isn't your nose 12 inches long? (because then it would be a foot)
2. Why couldn't the two feet get along? (because they both thought they were right)
3. What do you call a dinosaur that has a sore foot? (n Ankle-oh-sore-is (Ankylosaurus))

4. What is the last thing you take off before you go to bed? (your feet off the floor)
5. What has four legs but no feet? (a table)
6. What do you call a dinosaur with stinky feet? (ex-stinked (extinct))
7. What has 50 legs but can't walk? (25 pairs of pants)
8. Why did the silly kid put T.G.I.F. on his shoes? (Toes Go In First)
9. What lies on the ground, 100 feet up in the air? (a centipede lying on its back)
10. What would you get if you crossed a centipede with a parrot? (a walkie-talkie)

We'd love to take credit for these, but we can't! Let's have a round of applause for [The Club Foot Club!](#)

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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

J. Richard Werkman, D.Ch., B.Sc., Podiatric Medicine
1495 Cornwall Road, Suite 33, Oakville L6J 0B2
905.845-4817 | info@werkman.ca | www.werkman.ca

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