

December 2016

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J.RichardWerkman
CHIROPODIST



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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!

Dr.'s REMEDY Holiday Bonus

Celebrate the Season with Dr.'s REMEDY and our Annual Holiday Bonus!



For every two bottles of Dr.'s REMEDY® Enriched Nail Polish (base, colour, or top coat) purchased from now until December 31, 2016, you'll receive Dr.'s REMEDY® Nail Polish Remover absolutely FREE!

Buy three bottles (base, colour, or top coat) and we'll give you the fourth bottle free! Stock up today! There are 38 colours to choose from. Try them on at: <http://www.remedynails.com/TryItOn.aspx>

Dr.'s REMEDY® continues to receive rave reviews AND results! Patients have been telling us – and we've been noticing – that the "white dots" that often appear on toe and finger nails after long term nail polish use, are fading away!

Dr.'s REMEDY® is the only over the counter enriched nail polish, created by doctors, designed to be free from harmful toxins found in most commercial nail polish (DBP, Toluene and Formaldehyde). Use Dr.'s REMEDY® as a healthy alternative to commercial nail polish, especially if you suffer from nail fungus, brittle, discoloured nails, have an allergy to chemicals in commercial nail polish, or are pregnant. ☺

Vicki's Medical Mission

Medical Ministry International Canada

Our Director, Clinical Support & Patient Representative, **Vicki Werkman** is excited to share that she will be going on a medical mission with Medical Ministry International Canada (MMI) to **Nagua, Dominican Republic** from January 7 – 13, 2017.



Vicki's role will be geared to her previous experience in dental assisting, dental surgical assisting, and her current experience working in Rick's podiatric office, providing basic footcare and diabetic footcare education.

While in Nagua, the medical team will set up a mobile clinic each day and travel to basic facilities such as schools and local health centers. They anticipate seeing hundreds of patients during the week. The surgery team will work at the local hospital in partnership with the community health organization. Local residents will also be receiving some health education/instruction.

The cost for this year's mission is \$2635.00. Vicki hopes to fundraise at least half of the cost, and pay the balance herself. If you would like to sponsor Vicki, donations can be made at Medical Ministry International Canada at: <http://www.mmicanada.ca/>. Scroll down and click on "donate now" and "support a participant". In the comment box, be sure to include, Vicki Werkman, and Nagua, Dominican Republic. Any amount over \$10 is eligible for a tax receipt. Thank you. ☺



Pain, Pain Go Away!

Helpful Solutions for Foot Pain.

Alternative to Pain #1: Nail Surgery

Have you ever experienced the pain of an ingrown toenail? The nail cuts into the side of the toe, creating a shooting pain as it puts pressure on the nerves. Ouch!

Ingrown nails are the result of the toenail being driven into the toe by shoes (or boots) that are too tight.

They occur most frequently alongside the big toe. Ingrown toenails may also be caused by injury, fungal infection, psoriasis, heredity, or poor foot structure. Learn more about ingrown toenails on our website at <http://werkman.ca/conditions/ingrown-toenails/>.

Why is ingrown nail surgery sometimes necessary?

Chronic ingrown nails can lead to health issues, particularly if infection is present. These complications can become serious, especially in people with diabetes, circulatory problems, or problems with immunity. In these cases, a Registered Chiropractor may remove a portion or all of the offending nail(s) to alleviate the pain, infection, and potential for other issues.

What are some of the possible complications of untreated ingrown nails?

Infection, if present, may spread to the foot, leg, or into the blood stream. The nail plate may be lost or damaged from infection or inflammation. Chronic ingrown nails can cause deformity of the nail plate and/or surrounding soft tissues. A small benign tumor called a granuloma can form along the nail margin.

What happens during ingrown nail surgery?

Ingrown nail surgery is painless, as the toe is “put to sleep” using a local anaesthetic. A chemical is applied during the procedure to ensure that the ingrown part of the nail does not grow back. Post-operative discomfort is also minimal, and any discomfort is usually treated with over the counter pain medication. The wound heals completely in four to six weeks. During this time it is simply dressed. Some cases may require a topical or oral antibiotic. After healing, the nail is normal in appearance but just a little more narrow than before (unless your Chiropractor recommends removing the entire nail)

When it's time to look for a permanent solution to your persistent ingrown toenails, look no further than the Oakville Foot & Orthotic Clinic and the offices of J. Richard Werkman. Rick is Licensed for Nail Surgery, Local Anesthesia, and Injections to the foot.

Alternative to Pain #2: Injections for Relief of Pain

Corticosteroids and/or local anesthetic injections to the foot may be used to treat localized pain and inflammation. They can be used for conditions such as heel pain, bursitis, metatarsalgia, and Morton's neuroma. They can only be administered by Registered Chiropractors in accordance with Province of Ontario Regulations and Standards of Practice. Learn more about nail surgery and injections at: <http://werkman.ca/products/nail-surgery-and-injections/>.

You do not need a doctor's referral to consult with a Registered Chiropractor regarding Ingrown Nail Surgery, Local Anesthesia, or Injections. You may want to check your Third Party/Extended Health Care Plan for coverage as you may be covered for these services.

When you've had enough of pain, talk to us! We want to help you live life to the fullest! 



What To Do About Fungal Nail Infections

Seven Sensible Solutions for Avoiding Them in the First Place

The fungal infection of a toenail (onychomycosis) might be a common foot problem, but it's also one the majority of people ignore. They are most commonly accompanied by an infection of the skin known as athlete's foot.

Everyday fungi invade the nail, the tiny organisms take hold, and the result is the nail becoming thicker, yellowish-brown or darker in colour and foul smelling. While we can't avoid these microscopic organisms, we can certainly take precautions. Here are seven solutions that will help you reduce the risk:

Solution #1: Clean, dry feet resist disease. Wash your feet with soap and water, remembering to dry thoroughly.

Solution #2: Shower shoes (or flip flops) should be worn whenever possible in public areas.

Solution #3: Shoes, socks, or hosiery should be changed daily.

Solution #4: Toenails should be clipped straight across so that the nail does not extend beyond the tip of the toe.

Solution #5: Use a quality foot powder with talcum, not cornstarch.

Solution #6: Wear shoes that fit well and are made of materials that breathe.

Solution #7: Avoid wearing excessively tight hosiery, which promotes moisture. Socks made of synthetic fiber tend to wick away moisture faster than cotton or wool socks, especially for those with more active lifestyles.

If you've done all these things and still suspect a fungal nail infection, read on:

How do you know if you have a fungal nail infection?

Since other diseases may also cause toenail discoloration or thickening, it is best to have it assessed by a professional. A Registered Chiropodist can quickly determine whether you have a fungal infection.

Will it go away without treatment?

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

What are my treatment options for fungal nail?

- Apply a topical antifungal prescription medication (such as Formula 3).
- Investigate Noveon® Nail Laser.
- Obtain an oral prescription medication from your family physician.

One of the products we recommend in our foot clinic is Formula 3 Antifungal Professional as a topical antifungal alternative to oral medications. It works wonders! We also offer Noveon® Nail Laser treatments as well.

Learn more about onychomycosis (fungal nail) and talk to your Chiropodist during your next routine foot care appointment. Help us stamp out fungal nail infections for good. ✂



November is Diabetes Awareness Month!

CDA Partners with The Globe and Mail

In recognition of Diabetes Awareness Month this November, the Canadian Diabetes Association (CDA) partnered with The Globe and Mail to produce a special feature published on November 5.

Within the feature, there is news and information about diabetes in Canada, along with stories about people affected by type 1 diabetes, type 2 diabetes or prediabetes from all walks of life.

These stories and more are also available on The Globe and Mail's website at:

<http://www.theglobeandmail.com/partners/advdiabetes1116/>. Topics include:

- Know your risk, change your future
- Sun Life and CDA team up in the fight against diabetes
- Partnerships and targeted programs to provide support for people at high risk
- Knowledge about blood glucose levels empowers people with diabetes to take action
- Addressing social, living environment issues key to stemming diabetes epidemic
- Social networks and challenging events inspire and support people with diabetes
- Benefit plan sustainability

In addition, learn about the risk factors for type 2 diabetes and visit www.DiabetesTest.ca to find out if you are at risk. The CDA encourages all Canadians to take charge of their health by taking two minutes to complete the CANRISK type 2 diabetes online risk questionnaire. Knowing if you are at risk or getting an early diagnosis, can motivate you to stay healthy and potentially prevent diabetes-related complications, like heart attack, stroke, kidney failure and vision loss.

[Source: <http://www.diabetes.ca/newsroom/search-news/diabetes-awareness-month-special-feature-available-2016>]

Footcare is vitally important in the fight against diabetes!

Learn more by reading these Canadian Diabetes Association resources on our website:

<http://werkman.ca/conditions/diabetic-foot-care-education/>

- Foot care – a step toward good health
- Diabetes and foot care: A patient’s checklist
- Diabetic Peripheral Neuropathy (DPN)

Take action today. Make an appointment to see your Chiroprapist. 

What Are Shoe Inserts/Insoles?

Shoe Inserts, Insoles and Arch Supports

Most times, when someone says they need a “shoe insert” or “arch support” it’s because they are experiencing some kind of foot discomfort.

To a Chiroprapist, a shoe insert, insole, or arch support means a “**biomechanical orthotic device**” that is made especially for one individual, its purpose to support/supplement weakened or abnormal joints.



Biomechanical orthotic devices may resemble arch supports, but true biomechanical orthotics do not work on the principle of simply supporting the arch. Instead of just supporting the arches, orthotics realign the foot by applying corrective pressure where it is needed. A custom designed and manufactured orthotic is a device that controls the degree of pronation and supination of the foot when walking, running, skating, skiing, or participating in other sports. Learn more about Orthotics on our website at: <http://werkman.ca/products/custom-made-orthotics/>

Custom orthotic devices are worn in shoes, boots, or skates. They are designed to alleviate the pain and discomfort you may suffer from conditions such as arthritis and joint pain and foot disorders such as fallen arches, heel spurs, bunions, sport injuries, etc.

Who Wears Orthotics?

Orthotics may be recommended to those individuals requiring enhanced shock absorption (e.g. arthritis, atrophy of the fibro fatty padding), and athletes who want to perform better.

Patients with diabetes, heel spurs, sesamoiditis, metatarsalgia, pes cavus and pes planus may also benefit from the use of foot orthotics. Read more about **who wears orthotics and why** on our website at: <http://werkman.ca/products/custom-made-orthotics/>.

Orthotics for Kids

Children who are old enough to walk may benefit from orthotics if compensating for a foot deformity (e.g. flat feet, and in-toeing). Orthotics are used to correct, control or compensate for a bone deformity or soft tissue ailment.

What Do Orthotics Do?

Orthotics control the foot's range and speed of motion. The muscles that counteract the range of motion work overtime when a person over pronates or over supinates. This excess muscle contraction leads to inefficiency and fatigue. A foot with the proper biomechanics is much more efficient, requires less energy, and therefore works pain free. Some of the consequences of improper foot mechanics include:

- Plantar fasciitis (heel pain)
- Morton's Neuroma (pain or numbness in the toes)
- Tendonitis
- Bunions

Learn more today!

Talk to us about your foot care needs. We're a family-friendly bunch devoted to feet! [Schedule an appointment](#) today!



Kid's Korner

Protecting Your Children from Sports Related Foot Problems and Injuries

As parents, we are constantly challenged to balance the rewards versus risks of kids increasing their participation in physical activities including sports.

On one hand, we recognize that children are less active than the generations before them. We know

that inactivity can lead to serious problems, both physically and socially, now and in the future. On the other hand, we want our children to be happy and embrace a healthy lifestyle, so we encourage them to be more active and participate in the sports they enjoy.

As adults, we know that physical exercise is great for the 'soul', but it's not always kind to the 'sole'. Talk to your Registered Chiropractor about maximizing performance and reducing the risk of sports related conditions, in children and adults alike:

Common Sports Related Foot Problems and Injuries

- stress fractures
- sprains and strains
- heel spur syndrome
- Plantar Fasciitis (heel pain)
- shin splints
- hamstring injuries

The foot is an intricate structure containing 26 bones, 33 joints, 107 ligaments and 19 muscles. It's no wonder sports related foot problems and injuries occur. However, there are ways to protect your feet and your children's feet.

Four Fundamentals for Avoiding Injuries

1. Have your feet checked and cared for regularly by a Registered Chiropractor
2. Buy proper shoes for your sport
3. Wear custom-made sports orthotics if suggested by your Registered Chiropractor
4. Follow a warm up and cool down routine before and after physical activity

What are Sports Orthotics?

An orthotic, a corrective device worn inside a sports shoe, boot, or skate, can help the muscles, tendons and bones of your feet and lower legs function at their highest potential. When appropriately prescribed, custom-made orthotics can decrease pain, not only in your feet, but in other parts of the body, such as your knees, hips and lower back. The Werkman Foot & Orthotic Clinic in Oakville is dedicated to helping prevent foot problems and injuries! Talk to us about your favourite sport today! 



Foot Ulcers and Wounds:

Causes, Symptoms and Treatment Options

What is a Foot Ulcer?

A foot ulcer generally refers to a break or wound in the skin that is slow to heal. Foot ulcers are classified in stages according to which of the four layers of skin are broken through. People living with diabetes are especially prone to developing ulcers. It is vital to treat foot injuries right away.

Causes:

Ulcers occur for different reasons. It is very important to determine the underlying medical problem that caused the ulcer. There are essentially four main reasons people get ulcers on the foot:

1. Neuropathic: This type of ulcer occurs when a patient has loss of sensation in the feet.
2. Arterial: This type of ulcer is due to poor blood flow to the lower extremities.
3. Venous: This type of ulcer is due to compromised veins.
4. Decubitus: This type of ulcer is caused by excessive prolonged pressure on one area of the foot.

Treatment by a Chiropodist:**Treat the infection.**

Your Chiropodist will thoroughly clean the wound to remove all infected tissue. Early, aggressive wound cleaning (called "debridement") has been shown to heal these wounds more rapidly. If there is an infection, antibiotics are prescribed. If the infection is serious, you may be hospitalized to receive intravenous antibiotics. Dressings are used to prevent further trauma, to minimize the risk of infection, to relieve local pain, and to optimize the environment for healing.

Reduce the pressure.

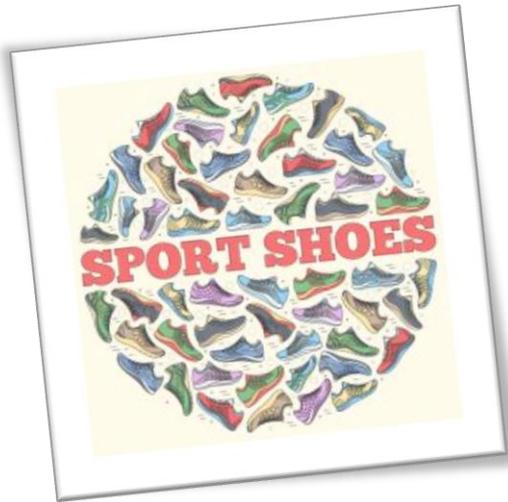
Depending on the location of your foot ulcer, you may need to keep pressure off the area. This is called "off loading" and means avoiding all mechanical stress on the wound so that it can heal. If there is no infection, a total contact cast may be used to relieve pressure. Your chiropodists may recommend using "non weight bearing" devices such as orthopedic shoes, a walker, crutches, or even a wheelchair or bed rest. These can help healing by relieving pressure on the injured part of your foot.

How to Avoid Foot Ulcers and Wounds:

Daily footcare can prevent serious problems. According to the National Institute of Health, the following are simple, everyday steps that will help prevent serious complications:

- Take care of diabetes
- Check BOTH your feet every day
- Wash your feet every day
- Trim your toenails each week or when needed
- Wear shoes and socks at all times
- Be active

Learn more about foot ulcers at: <http://werkman.ca/conditions/foot-ulcers-wounds/>. If you have a wound or ulcer that just won't heal make an appointment today to see your Chiropodist! 



Shoes for Sports, Fitness and Fun!

There's More to a Shoe Than Meets the Eye

Proper shoe selection and fit will help alleviate pain, pressure and provide optimal comfort. Shoe lace tying techniques will help alleviate pressure points. Custom orthotics for sports shoes, boots or skates, 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 Chiropodist can answer all of your questions and offer helpful suggestions.

Barefoot Fitness?

Be vigilant. Be safe. If you're starting a new fitness class where "bare is the required wear", (i.e. yoga, karate, pilates), protect your feet from warts by (a) wearing 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, where 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. Learn more about plantar warts on our website: <http://werkman.ca/conditions/plantar-warts/>. Keep your feet healthy year round. See your Chiropodist regularly for foot health checkups. ☞

Ho-Ho-Holiday Shopping

Begin and End the Holiday Season with Comfort and Joy!

Give the gift of wellness with a Gift Certificate from Werkman Chiropody. Available for everything from Routine Foot Care to Footwear, Orthotics, Pain Management products and more. Your Oakville Foot Professionals are ready to help you shout with glee, "I'm all wrapped up for the holidays." ☞

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/ to see clinic hours and to book an appointment. 

Routine Foot Care | Corns and Calluses | Plantar Warts | Thick or Ingrown Nails | Injections
Heal/Arch/Foot Pain | Custom Made Orthotics | Nail Surgery | Diabetic Footcare and Education

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