



# Trillium Creek Today

SUMMER 2007

Look & Feel Your Very Best!

## PERMANENTLY BANISH FAT WITHOUT SURGERY

### *Lipodissolve safely resculpts problem body areas*

**Y**ou can now permanently rid yourself of areas of unwanted fat, without surgery, with a procedure called lipodissolve available at Trillium Creek.



Dr. Leonard Torok

According to Medical Director Dr. Leonard Torok, the procedure is safe, simple and the results can be incredible.

Lipodissolve is a series of subcutaneous micro-injections. Usually a series of three treatments is needed, depending on the amount of fat you would like removed.

The injection is a combination of synthetic bile and phosphatidylcholine. Both substances are naturally occurring in the body. Bile is normally produced in the liver to help digest fat. Phosphatidylcholine is a naturally occurring component of the wall of every cell in the body. Since our bodies already contain both substances, there is no worry of an allergic reaction.

These injections, coupled with Dr. Torok's use of homeopathic remedies to control pain, redness and swelling, ensures comfort as well as a smooth, sculpted result.

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Lipodissolve is not a weight loss program. According to Dr. Torok it is a body sculpting technique for those areas of the body, including the abdomen, arms, thighs, knees, face, neck, back, bra line and "saddlebags," that have not responded to exercise and diet. The fat cells are permanently removed by the injections and the patient will not gain extra weight again in any area that has been treated.

Lipodissolve is unlike a controversial procedure called mesotherapy. In mesotherapy a cocktail of various non-FDA approved substances is injected in unwanted areas of fat.

"Mesotherapy does not have a scientific rationale like lipodissolve does," Dr. Torok warns. *continued on page 4*



Lipodissolve resculpts Chris Pasek's chin, jawline and nasolabial folds with no surgery.

### Cosmetic makeover

## rejuvenates,

refreshes with no surgery,  
little downtime,  
long-lasting results

**O**ne of the first faces you'll see entering or leaving Trillium Creek Dermatology is Chris Pasek.

Ms. Pasek is usually manning the reception desk, checking patients in and out. Because she sees most patients coming to the practice, she answers many questions about cosmetic procedures.

Ms. Pasek was offered the opportunity to experience, first hand, four of those procedures — lipodissolve, erbium laser peel, Juvéderm™ and Radiesse®. The 46-year-old jumped at the chance.

"I felt it would be a great opportunity to experience what our patients experience and to be better able to answer their questions about some of the procedures that are done here at Trillium Creek."

Practitioners at Trillium Creek can do a comprehensive makeover for patients without needing surgical incisions or anesthesia. Trillium Creek wanted to fully document the results that are possible and chose Ms. Pasek for a cosmetic makeover.

After consulting with Drs. Helen and Leonard Torok, medical directors, Ms. Pasek had an individual program mapped out for her to return her to a more youthful and cheerful look. Ms. Pasek underwent lipodissolve in the face and neck, an erbium laser peel to the face, had her lips injected with the filler Juvéderm™ and Radiesse® injected in her nasolabial folds *continued on page 4*

**DON'T MISS OUR LIPODISSOLVE EVENT!  
LIVE DEMONSTRATIONS**

**Wednesday, September 5th  
6:00 - 8:00pm**

**Trillium Creek Conference Center**

**RSVP Chris Today at 330-725-0569 x183**

# Drs. Anya Enriquez & Amy Jarvis

Two new practitioners join Trillium Creek professional staff



Anya Enriquez, M.D.

**"I**t's important to me to make my patients' lives better. That's what makes me feel good and that's why I went into medicine," Anya Enriquez, M.D. says. It's not that her first career as a certified public accountant wasn't fulfilling; it's just that the business world lacked the personal connection that Dr. Enriquez finds so compelling in medicine. Dr. Enriquez will be joining the professional staff of Trillium Creek Dermatology in September from the

Cleveland Clinic. She is looking forward to joining "one of the best dermatology practices in Northeast Ohio." "I think Trillium Creek provides excellent patient care and a wide range of services - medical, surgical and cosmetic dermatology. I want to be part of that team."

## LIKES DIVERSITY

One of the reasons why Dr. Enriquez chose dermatology as a specialty was because of its diversity. "We take care of patients of all

ages. I love being able to take care of whole families. Also, dermatology is the only field where you can practice medicine, surgery and pathology. What could be better!"

Dr. Enriquez's interest is in preventive medicine. She says educating patients about sun protection and sun avoidance is one of the most important things dermatologists do.

"As a physician and dermatologist, my job is to treat the whole patient, whether the concerns are medical, cosmetic or both. The important thing to me is patient care and that my patients feel their concerns have been addressed," Dr. Enriquez says. Like many working mothers, Dr. Enriquez says she is balancing a career and family life. Her husband, Louie, is finishing

up his training in radiology this year at the Cleveland Clinic. The couple has two children, Acadia, 6 and Emmett, 2, and two dogs, Anka and Scout. Louie was a lawyer before he decided to go into medicine. The couple met taking the pre-med requirements at the Harvard Extension School in Cambridge, then went to Yale Medical School.

## SLEEP BETTER

Dr. Enriquez says that it's very gratifying to her that when a patient leaves her office, they are going to sleep better that night because she has addressed their concerns. "I think patients will find that I am very easy to talk to. I am energetic and have a good sense of humor. I love to smile. I like to know my patients on a personal level," she says.



Amy M. Jarvis, M.D.

**A**my M. Jarvis, M.D. says what she likes most about general surgery is the immediate results. "I'm a procedure-oriented person," Dr. Jarvis says. "I enjoy seeing the outcome of surgery and to know that the patient is on their way to recovery."

Dr. Jarvis, the daughter of Drs. Leonard and Helen Torok, is performing office-based

minor medical procedures and lipodissolve at Trillium Creek. She received her medical degree in 2001 from The Ohio State University College of Medicine and did her residencies at Deaconess Medical Center and Akron General Medical Center where she was chief resident.

In 2005 Dr. Jarvis won Akron Children's Hospital Surgical Resident of the Year award from the Department of Pediatric Surgery. She also received honors from The Ohio State University departments of Obstetrics and Gynecology, Pediatrics and Plastic Surgery.

She received a letter of commendation from Ohio State's Dermatology, Hematology/Oncology, General Surgery, Pathology, Psychiatry and Radiology departments. Dr. Jarvis serves as an instructor with Advanced Trauma Life support, is a volunteer for the American Cancer Society's skin cancer screening

clinics and is treasurer of the Akron General House Staff Association.

"I'm anxious to use my surgical skills to help Trillium Creek patients who need excisions and minor surgery," Dr. Jarvis says.

She and her husband Barry, an environmental engineer, live in Akron with their Golden Retriever, Flax. The couple is expecting their first child in January.





# Dermatology & Surgery

Helen M. Torok, M.D., Medical Director

## Be careful what **kids** can bring home from school

**W**ith going back to school around the corner, most moms are concerned with what their children need to take to school to begin a new year. Equally important, though, is what your child can bring home, in the form of skin diseases. According to Trillium Creek Medical Director Dr. Helen Torok, infestations (scabies and lice) and infections (impetigo, ringworms and cold sores) are a mother's worst back-to-school nightmares. Add to that outbreaks of acne from stress, and children can come home with more than homework assignments.

### LICE

According to Dr. Torok, lice typically affect the head and can jump from one child to another. Because children touch one another and share hats and combs, lice very easily infect an entire school and family once a youngster contracts it.

"If you part the hair, you will see little white eggs at the base of the hair shaft and live insects above the ear and back of the head," Dr. Torok explains. "Lice itch. Contrary to popular belief, lice don't come from being dirty."

Lice are treated with Kwell shampoo and a vinegar rinse. Dr. Torok says a 100 percent cure is to massage Cetaphil® cleanser into the hair and scalp, blow dry, leave it in overnight and then shampoo it out in the morning. "This treatment suffocates the lice," Dr. Torok says.

### SCABIES

While lice are visible to the naked eye and are on top of the skin, scabies mites burrow under the skin. They itch the worst at night and like the webs of the hands and palms of younger children. A female can

lay 100 eggs per night and they hatch within a week. Once exposed, it can be as long as three weeks before symptoms appear. Scabies infestations, like lice, can become epidemic if not treated early and in all exposed children, family members and friends. Treatment includes an oral medication, Stromectol.

### IMPETIGO

Wrestlers and close contact sports participants are especially at risk for impetigo and any of the contagious diseases. The staphylococcal and streptococcal bacteria enters a cut or a scratch and impetigo spreads like wildfire, according to Dr. Torok. Be on the lookout for sores around the lips or nose which turn into a honey-colored crust within days. This is a highly contagious disease and must be treated with an oral antibiotic when extensive. Because it is a streptococcal infection, kidney problems can occur just as in strep throat.

### RINGWORM

Ringworm is actually not a worm but a fungus called a dermatophyte. It appears as an itchy red, raised scaly patch, often with sharply defined edges that may blister and ooze. Often the blister is flesh-toned on the inside and red on the outside giving the condition its

name. Topical creams can treat ringworm anywhere but on the scalp. For ringworm on the scalp, an oral tablet, Lamisil, is prescribed. Otherwise it can invade the hair follicle.

### COLD SORES, STRESS

With the excitement and anticipation of a new school year, as well as sports, homework and dating, comes a lot of stress. Sometimes this stress is manifested in cold sores (herpes simplex) and acne. Stress can aggravate cold sores as well as contact sports, sunburns and dry, chapped lips. Keeping the lips hydrated is the best way to prevent cold sores. Students should not share lipsticks and drinks. Touching the blisters or kissing when they are active should be avoided. An oral medication, Valtrex, is very helpful in preventing these outbreaks.

"It's a good idea not to share anything with other students - makeup, combs, ChapStick®, clothes, washcloths," Dr. Torok advises. Acne is another manifestation of stress. Seventy percent of teens suffer from acne.

Have your children see the physicians and physician assistants at

### BACK TO SCHOOL CHECKLIST

- Don't share anything!**
- Limit caffeine**
- Keep lips well hydrated**
- Keep hands away from face**
- Don't pick anything**
- Don't touch any pimples or lesions**
- Wash your hands frequently**

Trillium Creek early in the schools year so they can provide treatments such as topical medications, cleansers, non-comedogenic make-up, oral medications and sunblocks to clear the acne. Caffeine should be limited. It can aggravate acne.

In females, acne can be hormonally driven. Dr. Torok sometimes uses birth control pills to regulate hormones, as well as antibiotics, topicals such as Retin-A and benzoyl peroxide, and in severe cases, Accutane. Girls should avoid heavy makeup and stay with a powder-base makeup, like the Jane Iredale line at Trillium Creek. "It doesn't block pores and provides excellent coverage," Dr. Torok says.

In boys, sports can aggravate acne. In sports that use helmets, the area where the helmet touches the skin is a reservoir for sweat and bacteria providing an excellent breeding ground for acne. The same types of treatments (except birth control) are used to treat acne in males as females.



# PERMANENTLY BANISH FAT WITHOUT SURGERY

continued from **cover**



## Here's how Lipodissolve works:

First, the treatment area will be treated with ultrasound and ultraviolet light to help soften the fat and make it more malleable. Next, the area will be marked with a grid to ensure even placement of the injections. After the series of injections is completed, the area is wrapped in a tight compression garment or dressing. The patient then leaves with homeopathic remedies to control swelling, redness and any discomfort. Burning, stinging, redness, numbness and swelling are the most common after-effects. Some patients reported short-lived diarrhea.

If the same area needs multiple treatments, the patient will return in six weeks for another treatment. The swelling after treatment gives lipodissolve an advantage over liposuction, in that lipodissolve causes tightening of the tissues when treated, where liposuction may leave loose or hanging skin.

After injection, the bile will break down the fat cells and the fat is carried away through the liver and kidneys, just as naturally occurring bile does in the digestive process. In order to not overwork the body's natural ability to remove fat, only one area of the body (the size of a large hand or sheet of paper) can be treated at a time.

Because lipodissolve is a body sculpting technique, it is very important for the physician to be well versed in anatomy to understand how to achieve the desired affect as well as understand where nerves are located. Dr. Torok is a board certified orthopedic surgeon, as well as a homeopathic practitioner. Those two qualifications ensure Trillium Creek patients the safest and best lipodissolve outcome.

Lipodissolve banishes fat permanently without surgery, with little downtime and discomfort. To make your appointment, call Trillium Creek Dermatology and Surgery Center, (330) 725-0569.



# Cosmetic makeover rejuvenates,

continued from **cover**



After her noninvasive cosmetic makeover, Chris Pasek's new makeup colors from the Jane Iredale line emphasize her fresh, new look.

(the area on both sides of the mouth and chin.)

Lipodissolve is a series of micro-injections of bile and phosphatidylcholine that dissolves and removes targeted areas of fat permanently and naturally. The procedure is done in the office, there are no incisions, no anesthesia is required and it causes minimal downtime and discomfort. The procedure actually tightens the skin and is less expensive than liposuction. (see related article, page 1)

"The results are absolutely fabulous!" Ms. Pasek says. "They're better than anything I thought possible." She was so inspired by the results she lost 20 pounds on her own and said the makeover boosted her self-esteem and motivation.

"The good thing about Dr. Helen and Dr. Leonard is that they put you at ease. They don't push anything on you and they take into consideration your views on what you'd like to accomplish with a makeover. I totally trusted their judgment."

## FIRST STEPS

To take care of uneven, blotchy pigmentation, superficial wrinkling and aging changes on Ms. Pasek's face, Dr. Torok performed an erbium

laser peel. "In one treatment, this evened out the pigmentation and smoothed the surface of the skin," Dr. Torok says. "The erbium laser is excellent for leaving the skin rejuvenated and refreshed."

Next, to take care of jowling and a double chin, Dr. Torok used lipodissolve to redefine her jaw line and get rid of excess fat under the chin. This was accomplished in two sessions, six weeks apart.

"This is not like plastic surgery where you reposition or change the structure of the face. These procedures rejuvenate the face to its former youthful appearance," Dr. Torok explains.

One of the advantages of having these procedures done at Trillium Creek is Dr. Torok's knowledge and use of homeopathic remedies to reduce pain, swelling and redness. He reports actually reducing the commonly used series of four injection sessions to three with the use of homeopathy. This saves the patient time, money and additional discomfort.

## TOO GOOD TO BE TRUE?

Lipodissolve not only banishes fat permanently, it also tightens skin. "This sounds almost too good to be true, doesn't it? Dr. Torok asks.

“Lipodissolve causes significant swelling for 10 days. The swelling and inflammatory reaction is caused by the fat cells being lysed (ruptured). It takes about 10 days for the body to absorb the fat. During the swelling and healing process, the skin actually tightens.”

After the erbium laser peel and lipodissolve, Dr. Helen Torok treated Ms. Pasek’s lips with Juvéderm™ to plump them and used the filler Radiesse® to reduce the appearance of her nasolabial folds. Radiesse® is a long-lasting injectable filler for soft tissue augmentation. Some improvement is seen immediately, but the best results appear in about four weeks and lasts up to 18 months. Juvéderm™ is the latest, “next generation” non-animal dermal filler. It is a smooth gel that plumps lips, sculpts cheeks and fills in wrinkles and folds. Correction can last as long as six months with Juvéderm™.

To complete her rejuvenated look, the Boutique at Trillium Creek did a skin care analysis as well as a color analysis to prescribe the best skin care products from the Trillium Creek product line and best colors from the Jane Iredale makeup line to best showcase her new look. Ms. Pasek missed only one day of work with the erbium laser peel because of redness and weeping of the skin and one day with lipodissolve because of the swelling. “I think the procedures and outcome are awesome! Ms. Pasek says. “The cosmetic makeover has really changed the way I feel about myself.”

To schedule your cosmetic makeover, call Trillium Creek Dermatology at (330) 725-0569.



# Chris Pasek’s Skin Care Regimen

## ✿ **Cleanses with Trillium Creek Ultra Gentle Cleanser (am/pm)**

Since Chris’ skin type is oily, sensitive and she has rosacea we recommended the ultra gentle cleanser. It contains green tea to calm the inflammation or redness associated with her rosacea. It also contains papaya and Vitamin E that soothe sensitive skin. It is also oil-free.

## ✿ **Moisturizes with the Trillium Creek Facial Moisturizer (am/pm)**

The Trillium Creek Facial Moisturizer is a lightweight, oil-free moisturizer that contains a blend of antioxidants that help prevent premature aging and promote collagen synthesis.

## ✿ **Treats Her Sundamage and Freckling with Tri-Luma® (pm)**

Tri-Luma® was recommended for Chris to help treat her sun damage and freckling. This is a prescription product that was recommended by Dr. Helen Torok and is available at Trillium Creek. This is only to be used the evening prior to the Trillium Creek Facial Moisturizer.

## ✿ **Treats Fine Lines and Wrinkles Around the Eyes (am/pm)**

The Environ Eye Gel that contains Vitamin A was recommended to treat the fine lines and wrinkles around her eyes. Vitamin A is a potent antioxidant that helps reduce the appearance of fine lines and wrinkles as well as prevent skin cancer.

## ✿ **Special Treatment: Trillium Creek Sulfur Treatment Masque (pm; one time per week)**

The sulfur masque was recommended because sulfur combats inflammation and redness associated with her rosacea. It also decreases the pore size.

## ✿ **Protection with Trillium Creek Moisturizing SPF 30**

An SPF 30 or higher is necessary for Chris to prevent further pigmentation problems and freckling. This sunscreen is oil-free and lightweight and contains low levels of antioxidants which are ideal for her skin type.

## ✿ **Sun-kissed Glow with Exuviance Sunless Tanning Facial Pads**

Chris has a nice sun-kissed glow from the use of the Exuviance Sunless Tanning Facial Pads and Jane Iredale So-Bronze 1.



## More than one way TO BEAT POISON IVY

It has become one of summer's rites of passage. Just like sunburn and bee stings, poison ivy usually finds more than a few victims as it flourishes during the summer months. While steroids and anti-itch creams are the medications of choice in Western medicine, homeopathy offers another choice.

According to Dr. Leonard Torok, medical director of Ohio Holistic Medicine, treatment for poison ivy is a nice introduction to homeopathic remedies. "Patients can really see the benefit of using a homeopathic treatment for poison ivy, from lack of side effects to effectiveness in controlling the suffering that goes along with it," Dr. Torok says.

### Following are different symptoms and the homeopathic remedy found to best treat them.

**Prevention:** If highly susceptible or commonly exposed: Rhus tox 6C once a week from spring to fall. For people with less contact to the plant: Rhus tox 30C once a month from spring to fall.

**Treatment:** With homeopathic treatment, the rash will persist for a while, but the symptoms of pain, burning and itching can be greatly reduced. This type of treatment builds resistance for the future. While the rash is present, the homeopathic remedies can be repeated several times a day according to the intensity of the symptoms and your response to the remedy. Overdosing is not a concern. Within the first day of using the remedy, you can usually find out how often you need to repeat the remedy to control your symptoms and know if you have chosen the best remedy based on your symptoms.

- 1. Rhus tox 30C** – is most helpful when poison ivy is located on the hands, face, eyes or groin. After scratching, the rash will tend to burn. Small fluid-filled sacs called vesicles may form in a line after scratching. The rash feels better after applying hot water.
- 2. Croton tiglium 30C** – is most helpful when the poison ivy is located on the scalp, face, eyes, genital area and worse on the left side of the body. The itching can be quite severe and the patient will almost feel like they can't bear it. The itch has more of a tingling or stinging sensation. Scratching is painful and followed by burning. Gentle rubbing relieves itching. The vesicles have a red ring around them and may ooze and form a crust on the skin.
- 3. Graphites 30C** – the rash can be anywhere on the body, but is worse in folds of skin or the bend of joints or behind the ears. The patient will tend to scratch until the skin is raw and the skin will have a sticky discharge. The skin can appear rough and thick.
- 4. Anacardium orientale 30C** – the rash has a lot of swelling and itches intensely. The patient will dig into the skin with their nails. After scratching, the skin burns. The rash is worse after application of hot water. The rash makes the patient irritable and cursing. The rash can be anywhere on the body.
- 5. Sulphur 30C** – the rash itches and the patient will scratch to the point of making the skin bleed. Scratching relieves the itching but is followed by burning or smarting of the skin. The skin becomes rough after scratching.
- 6. Clematis erecta 30C** – the rash is worse on the face, hands and scalp. The skin itches terribly and is worse after washing in cold water. The skin can become scaly and scabby.

#### TYPES OF REMEDIES

While there are about 30 homeopathic remedies for poison ivy, most practitioners commonly only need to use six (see box, this page.) According to Dr. Torok, each of these remedies overlaps a little. A specific remedy is chosen for a patient based on their symptoms and the location of the rash on the body. If the first remedy doesn't start relieving the symptoms in a day or so, another one should be tried.

"One remedy is more indicated if the rash occurs primarily on the face and hands and another if the rash is worse on the legs and in the groin," Dr. Torok explains. "As far as symptoms, most patients' rash will itch. Some patients will feel relief if the rash is rubbed rather than scratched, others will scratch to the point of causing bleeding. Some rashes will cause a tingling sensation and others a burning sensation. These different symptoms and locations all help the holistic practitioner choose the correct remedy."

The healing principle of homeopathy is "like cures like." In the case of poison ivy, this means that plants that can cause a poison ivy like rash, can also cure it. "This is possible because of the pharmacy process used in homeopathic compounding," Dr. Torok says. "The homeopathic form of the poison ivy plant is so diluted there is nothing left of the plant to cause the irritation. But what remains of the original material will actually have a curative effect on the body."

To make a homeopathic remedy, the properties of the plant must be completely reversed through the homeopathic pharmacy process. Dr. Torok compares the process to flu shots or smallpox vaccinations where a small amount of a similar virus is injected to give immunity. In the same way, taking the homeopathic form of the poison ivy plant can protect you from getting the rash when you contact the plant. Why some people are more susceptible to poison ivy than others is still a mystery.

#### SOME CAUTIONS

The only way poison ivy can spread is through the plant's oil. The weeping lesions cannot spread poison ivy either to you or others. However, petting a dog that has been in poison ivy and has the oil on his coat will spread it.

Burning poison ivy is also very dangerous. According to Dr. Torok, the vapors from the burning plant can be inhaled and cause a severe irritation to the lining of the lungs called pneumonitis. "This is a serious health problem," Dr. Torok warns. "Your lungs can become as irritated as the skin."

Damp skin is also more susceptible to contracting poison ivy. If you're out early in the morning when there is dew, or after a rain, make sure you are protected and wash yourself and all your clothes thoroughly if you've been exposed.



# The Boutique

## Do you have the most common skin type?

**D**oes your skin feel tight and dry after you shower or bathe? Do you have flaking, redness or other irritation on your face? Do you have to be careful what over-the-counter cosmetic products you buy because they irritate your skin and end up sitting on the shelf? If any of these conditions sound familiar, welcome to the most common skin type – dry, sensitive skin.

According to Heather Funk, CEO of the Boutique at Trillium Creek, dry sensitive skin need not be a burden if you have the proper skin care information before you embark on your beauty regimen. The key to successful skin care for dry, sensitive skin is hydration without irritation. “It’s important to look at the specific ingredients in the product to make sure they are suited to your skin type,” Mrs. Funk says.

### Ideal Skin Care Regimen for Dry, Sensitive Skin

*(with no redness or flushing)*

**Step 1:** Cleanse (morning and evening): Trillium Creek Antioxidant Cleanser for Dry Skin. If you have acne, use Trillium Creek Moisturizing Cleanser.

**Step 2:** Tone (morning and evening): Trillium Creek Antioxidant Pads or Trillium Creek Glycolic Pads if you have acne.

**Step 3:** Moisturize (morning) Trillium Creek Dermal Restructuring Therapy and (evening) Trillium Creek Antioxidant Cream.

**Step 4:** Eye Treatment (morning and evening): Trillium Creek Hydrating and Firming Eye Therapy.

**Step 5:** Protection (morning): Trillium Creek Antioxidant SPF 30 Sunscreen.

### FREE SKIN TYPING

Don’t know for sure what your skin type is? The Boutique at Trillium Creek offers free skin typing and can suggest a customized skin care program for each skin type with its own Trillium Creek skin care line available at the Boutique. All ingredients in the line are medical-grade, unlike over-the-counter products. “With dry, sensitive skin you need to make sure to use a cream-based moisturizer that hydrates the skin without causing stinging, break-outs, rashes and other irritations. You also need antioxidants that feed the skin with nutrients that have been depleted,” Mrs. Funk says.

### CALM REDNESS AND FLUSHING

If you are prone to redness and flushing, avoid products with



The Trillium Creek product line provides the ideal products for dry, sensitive skin. And with free skin-typing, there's no need to guess what products will produce the best results for your particular skin type.

Vitamin C, salicylic acid and retinol. Don’t use facial scrubs. They can actually cause break-outs on sensitive skin.

The Trillium Creek product line contains ingredients that dry sensitive skin with flushing thrives on – green tea, sulfur, chamomile, cucumber and papaya.

### COMBAT FINE LINES, WRINKLES

Those with dry, sensitive skin also are more prone to premature aging with the skin sagging and getting thinner. Dry, sensitive skin is usually thinner than oily skin types. A good, quick test is to pinch the skin on the back of your hand to test its thickness.

Antioxidants like Vitamin A and C in low doses help combat premature aging as well as matrixyl, another medical-grade

ingredient found in Trillium Creek’s Dermal Restructuring Therapy. Dry sensitive skin types with thin skin also suffer from fine lines and wrinkles around the forehead, eye and mouth area. The Trillium Creek Facial Firming Therapy is ideal for these fine lines and wrinkles because it contains Argeline® which acts like Botox™, but without the paralysis, Mrs. Funk explains.

### PREVENT FRECKLING, BROWN SPOTS

Sun protection, while important for everyone, is especially important for those with dry, sensitive skin. Sun exposure is one of the biggest causes of discoloration in the form of hyperpigmentation (brown spots) and freckles. Trillium Creek’s sunscreen, Antioxidant SPF 30 Sunscreen has an SPF of 30, low doses of Vitamin A and E and is a thicker emollient.

To schedule a free skin typing session, call the Boutique at Trillium Creek at (330) 722-5477.



### Ideal Skin Care Regimen for Dry, Sensitive Skin

*(with redness or flushing)*

**Step 1:** Cleansing (morning and evening): Trillium Creek Ultra Gentle Cleanser. If you have acne, Trillium Creek Benzoyl Peroxide Cleanser.

**Step 2:** Tone (morning and evening): Avene Thermal Spring Water

**Step 3:** Moisturize (morning): Trillium Creek Dermal Restructuring Therapy and (evening) Trillium Creek Green Tea Cream.

# Sale Week at the Boutique is Back

MARK YOUR CALENDARS  
FOR 10% SAVINGS  
AUGUST 6 THROUGH AUGUST 11

Stock up on your favorite Trillium Creek skin care and beauty products and save 10% during Sale Week at the Boutique! It's almost as good as Christmas in August! Everything in the Boutique, including the



Trillium Creek medical-grade product line and Jane Iredale All-Natural Mineral Makeup, is 10% off retail prices.

The knowledgeable Boutique staff can suggest skin and beauty products and makeup that are appropriate for your particular skin type. In fact, free skin typing and color analysis are available by appointment (330) 722-5477.

Why guess what products to use when a professional analysis can suggest a customized program just for you?



If you've never tried Jane Iredale makeup, Sale Week at the Boutique is the perfect time!

Not only does the makeup provide excellent coverage, but it's actually good for your skin!

Because it is a new technology, Jane Iredale makeup protects skin from harmful ultraviolet rays and unlike other types of makeup, doesn't attract bacteria that can

cause breakouts. It won't clog pores, has virtually no allergy risk and acts as an anti-inflammatory to calm and soothe skin.

Make sure to stock up on all your favorite products during this once-a-year event!



**Coming this fall!**  
The newly reopened Aesthetic Medicine Center at Trillium Creek. Enjoy the latest aesthetic treatments in a comfortable, soothing atmosphere!

DERMATOLOGY & SURGERY CENTER  
MOHS SKIN CANCER CENTER  
OHIO HOLISTIC MEDICINE  
THE BOUTIQUE AT TRILLIUM CREEK  
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MEDINA, OHIO 44256



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