



**Trillium Creek**  
DERMATOLOGY & SURGERY CENTER  
**YOUR SKIN EXPERTS**

August /September Newsletter 2020



## Acne or Not?

*Find out the types, causes and treatments Trillium Creek Dermatology has to offer.*  
page 3.

## ONLINE OR BACK-TO-SCHOOL Skin Care Tips

- ✓ CARE FOR WEARING FACE MASKS
- ✓ SKIN CARE ROUTINES
- ✓ REGULAR SKIN CHECKS

*Read more on page 2.*



### IN THIS ISSUE



#### PG 4 SKIN CONDITIONS CAUSED BY SWIMMING POOLS

Learn how to take care of your skin after swimming.



#### PG 6-7 PEDIATRIC DERMATOLOGY

Dana Pilz, PA-C talks about Pediatric Dermatology as a mother and as a physician assistant.



#### PG 5 OPENING OUR NEW LOCATION

We are excited on opening of our fourth location. Take a look at what we have to offer!



#### PG 8-9 SKIN CARE TIPS FOR ATHLETES

Helen Torok, MD. discusses the most common sports related skin conditions.



Helen Torok, MD

# ONLINE OR BACK-TO-SCHOOL Skin Care Tips

*Make sure your child's skin is ready by scheduling an appointment with one of our skin care experts at Trillium Creek Dermatology.*

This year Back-to-School or Online School 2020 might include schedules, books, clothes, masks, and supplies, but a visit to your dermatologist is a must. Before you stock up on supplies, make sure their skin is ready by scheduling an appointment with one of our skin experts here at Trillium Creek Dermatology & Surgery Center.

## Skin Care for Wearing Face Masks

Protecting your face with a mask creates a moist, hot environment for your skin, as your breathing is being trapped. This can lead to a build-up of sweat and oil on the skin under the mask, which can lead to inflammation, rashes, and even acne breakouts.

- Make sure to wash your face thoroughly before and after wearing a mask.
- Skip wearing makeup, unless it's mineral makeup.

It might seem obvious, but if you're used to wearing makeup on your entire face, it's time to shift your application to only what's above eye level. Any potentially irritating or pore-clogging ingredients should be avoided under the mask-covered skin.

## Get on a Skin Care Routine

Whether you're heading back to school or online schooling, this time of year can cause a lot of anxiety. This added stress can lead to acne flare-ups. That's why the perfect time to go see your dermatologist is before school starts.

There are over-the-counter topical treatments available for cases of mild acne and, when used according to directions, these topical acne spot treatments can provide an effective remedy. Mild cleansing routines and face masks can also provide some relief.

For moderate to advanced cases, however, and for those not responding to conventional treatment, you will require a prescription medication.

We'll create a customized skin care plan that includes: topical therapy, prescription treatments, oral antibiotics and vitamins, hormone/birth control pills, and acne laser treatments.

## Regular Skin Checks

Moles on a child's skin are usually nothing to worry about. New moles appear during childhood and adolescence. As the child grows, the moles will naturally get bigger. It's also normal for moles on a child's skin to darken or lighten. Some moles fade away. These changes are common and rarely a sign of melanoma, a type of skin cancer that can begin in a mole.

In fact, melanoma is rare in young children. Even so, there are times when a mole should be checked by a dermatologist. Caught early, melanoma is highly treatable.

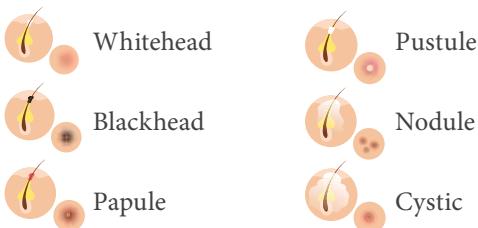
Full skin exams by a skin care expert who is trained to detect areas of concern on your child's skin should be done at least once a year, especially if your child has many moles, or there is a family history of melanoma. A dermatologist should be consulted if there is a specific concern.

**We'll create  
a customized  
skin care plan  
for your  
child.**



# Acne AT A GLANCE

## TYPES OF ACNE



## CAUSES OF ACNE

- Infection
- Stress
- Diseases of Internal Organs
- Cosmetics
- Hormonal
- Medicine

## TREATMENT OPTIONS

Treatment options vary with patients, some to start with are; Retinols, Antibiotics, Benzoyl Peroxide, LED Face Masks, Skin Care Regimens, Diet, and Hormones. Other options are laser therapy which include these (check out the before and after photos):



## CLEAR SKIN STARTS FROM WITHIN

**H&H Science Clear Skin Vitamins** provide the nutrients needed to support the production of strong, healthy skin at the internal cellular level.

The **H&H Science Clear Skin Vitamins** are a natural dietary supplement that can be taken orally to achieve healthy, radiant skin. This 100% nutritional supplement has been scientifically formulated to nourish the skin and protect against a wide variety of skin issues.



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To purchase online, go to [hhscience.com/products](http://hhscience.com/products) or scan the QR Code.



SCAN ME



Jordan Goad, PA-C



# COMMON SKIN ISSUES CAUSED BY SWIMMING POOLS

Imagine the smells of summer. It could be the salty smell of the ocean, a burger sizzling on the grill or, if you're poolside, the chemical smell of chlorine.

Of course, chlorine is a necessary element for summer fun; after all, you wouldn't want to take a dip in a swimming pool without it. The chemical helps keep us safe from an otherwise bacteria-filled pool.

#### BUT IS CHLORINE DANGEROUS?

It's true that "too much chlorine can cause a lot of skin irritation." But the amounts that are used in swimming pools are typically not a cause for worry.

An over-chlorinated pool, on the other hand, can cause eye irritation, dry out the hair and skin (by stripping them of natural oils), and sometimes cause color-treated hair to turn shades of green. Because of this, it's important to have the right levels of chlorine in the pool.

#### RECOMMENDATIONS FROM A DERMATOLOGIST

In general, swimmers need not worry about chlorine. If you do get a minor skin irritation, shower off immediately after getting out of the pool, and apply a good moisturizer like HH Sciences' MaeBee Honey Body Butter lotion.

To ward off eye irritation while swimming, we

recommend wearing goggles.

For children, it is important to make sure they are avoiding peak sun hours (10am-2pm), and by wearing and re-applying sunscreen of SPF 50+, hats, and protective clothing is a must.

## TAKE CARE OF YOUR SKIN

#### *After swimming:*

- Shower Immediately
- Wash Your Bathing Suit
- Apply Moisturizer
- Hydrate Yourself

We're growing

BRUNSWICK  
GRAND OPENING  
SEPTEMBER 23  
2020

TO BETTER SERVE YOU

**Trillium Creek Dermatology & Surgery  
Opens Fourth Location in Brunswick, OH  
September 23, 2020**

We are dedicated to continually improving your experience. Advancements come in various forms, including expansion of services, state-of-the-art equipment and better access online. Let's take a look at some of our recent enhancements!

#### BRUNSWICK LOCATION

Get the same quality care in our NEW 7,300 sq. ft. location with over 20 exam rooms. Our innovative and state-of-the-art procedures include:

- GENERAL DERMATOLOGY
- PEDIATRIC DERMATOLOGY
- COSMETIC & LASER CENTER
- MINOR SURGERIES
- SKIN CANCERS
- H&H SCIENCE BOUTIQUE



**SHERMANS CORNER COMPLEX**  
2865 Center Road, Suite #5 • Brunswick

**SAME DAY APPOINTMENTS**

**TO SCHEDULE AN APPOINTMENT**

Phone: 330.725.0569

Online: [www.TCOhio.com](http://www.TCOhio.com)

BRUNSWICK

# GRAND OPENING

WEDNESDAY-SATURDAY

**SEPTEMBER 23 - 26, 2020**

COSMETIC MEMBERS:

**45%  
OFF\***

NON-MEMBERS:

**20%  
OFF\***

Become a  
**COSMETIC  
MEMBER**  
Call 330.725.0569  
to SIGN UP  
TODAY!

**Save On These Cosmetic Procedures  
At Our Brunswick Location Only!**

Juvederm Fillers • Sculptra • Botox®/Dysport  
Hydrafacials • Laser Hair Removal • Trusculpt iD  
Microblading • Chemical Peels

\*See Botox savings below. All prices are valid at our Brunswick location only.  
Botox®/Dysport injections excludes appointments with Dr. Helen Torok.

## SAVE ON BOTOX®

COSMETIC MEMBERS:

**\$770  
/unit**

**\$1120  
/unit**

REGULAR BOTOX COST: \$14/unit

\*All prices are valid at our Brunswick location only. Botox®/Dysport  
injections excludes appointments with Dr. Helen Torok.





Dana Pilz, PA-C

# PEDIATRIC DERMATOLOGY

## SPECIALIZING IN YOUR CHILDREN

I often get questions about Pediatric Dermatology, and as a mother of two young boys, I know there is a lot of information out there.

Many patients I see are referred by their primary care provider for a second opinion. With our pediatric population this is usually the case. We see and treat children for a variety of complaints including acne, eczema, psoriasis, warts, ringworm, other contagious rashes and full body checks. We treat all ages so please see us for anything that is of a concern for you and your child.

Usually our acne patients have started on a topical medication and oral pills by their physician before coming to the dermatologist. We pride ourselves on prescribing the best medications and getting results quickly! We also have a full line of face washes, topicals and face pads that are sold right here in our H&H Science boutique to treat acne. One of my personal favorites is the **Pore Minimizing Cleanser**. However, we can customize and personalize a treatment regimen specific to your child's specific skin type. I highly encourage parents to bring their children in early so we can keep ahead of the flares and prevent scarring.

### DON'T FORGET THE SUNSCREEN

Another area of concern I'm passionate about is sunscreen! We know as parents this should be applied daily (*especially when doing activities outdoors*). It should be applied liberally all over the sun exposed areas of skin every couple of hours while out in the sun, or immediately after



Dana with her two boys.

coming out of the water. Parents ask me all the time about which one to use. I recommend using at least an SPF of 50+. Also, I know many kids (*including my own*) are allergic or sensitive to a lot of products out there. I encourage you to try the **Sheer Antioxidant Sunscreen SPF 50+** from H&H Science as it works well with those who have sensitive skin. There are even sunblocks now that are colored as you apply them so you don't miss any spots! And for the mom on the go, I recommend the **Tinted Brightening BB Cream SPF 50+** which is a tinted sunblock that can act as a foundation too!

### FULL BODY CHECKS ARE FOR CHILDREN TOO

Lastly, I highly recommend having your child come in for a full body check. Contrary to belief, children are at risk of having abnormal moles and skin cancers (*not just adults*). When you start your child off with full body skin checks at an early age, we can take pictures of any suspicious moles and monitor them closely throughout the years for any changes. It's always helpful to document any abnormal moles as soon as you see them. Look for moles that stand out (*or don't look like the others*), look for spots that are changing in size/shape/or color. Our full body checks take about 15 minutes or less. Who wouldn't want to spend 15 minutes or less to have peace of mind for their child?



*If you are concerned about your baby, child or teen, call Trillium Creek Dermatology & Surgery Center at 330.725.0569*



Sarah Michalak, PA-C

## Actual Patient

This young patient has found relief from eczema by visiting Sarah Michalak, PA-C, and three weeks later, saw amazing results.



**BEFORE**

Eczema on cheeks, elbows and back.



**AFTER**



To learn about Psoriasis with Sarah Michalak, PA-C  
visit [www.TCOOhio.com](http://www.TCOOhio.com)  
or Scan the QR Code to the right.



SCAN ME

# PEDIATRIC DERMATOLOGY

## From Babies to Teens

Childhood skin care from the Skin Experts



### COMMON SKIN CONDITIONS:

- Acne
- Dry Skin
- Athlete's Foot
- Eczema
- Baby Acne
- Hand, Foot & Mouth Disease
- Body Odor
- Hives
- Chicken Pox
- Insect Stings & Bites
- Cold Sores
- Impetigo
- Cradle Cap
- Diaper Rash
- Warts
- Lice
- Milia
- Psoriasis
- Ringworm
- Sensitive Skin
- Sun Allergy

**Did You Know?**  
**20%**

of babies and young children  
will develop **ECZEMA**?



Acne



Eczema



Diaper Rash



Warts



Helen Torok, MD

# SPORTS CORNER: SKIN CARE TIPS FOR ATHLETES

*Don't let skin infections interfere with your game.  
Here are sport-related conditions and how to  
prevent them effectively.*



Athletes should check their skin daily, especially those in high-risk sports, such as wrestling. Look for any changes, such as cuts, sores, redness, swelling and pus, and report any changes to your skin care provider at Trillium Creek Dermatology & Surgery Center.

Without treatment, skin infections worsen. If you notice anything that itches, burns or is infected, make an appointment today!

## FOOTBALL



### ACNE

Excessive sweating from helmets and shoulder pads can cause acne. Using a Benzoyl Peroxide wash in the shower helps to prevent acne.



### MILIARIA

Excessive sweating causes red bumps. Use a Salicylic Acid or Sulfo-Lo Antibacterial Cleansing Bar Soap.



### LICE

Sharing clothes and helmets can spread lice to your scalp and body. Applying Cetaphil Cleanser to scalp followed by blow-drying the area for thirty minutes kills the lice.

## SWIMMING



### ACNE

Pores get water logged from hours of swimming. Dry them out with a Benzoyl Peroxide wash and hydrate and protect the skin twice a day with a moisturizing lotion.



### ECZEMA

Hydrate and protect the skin twice a day with a moisturizing cream and cleanser.



### DRY, DISCOLORED HAIR

Pool chemicals can be hard on hair. Rinse hair immediately after swimming and wash hair with both shampoo and conditioner . HH Science Detox Shampoo is recommended.

*The sport with the greatest degree of close contact - wrestlers are prone to contagious infections.*

*Hours of swimming can lead to dry, dehydrated skin and acne, plus dry hair and scalp.*

*Hours spent sweating in the sun can lead to over exposure, dehydration and skin rashes.*

## SOCcer & TENNIS



### SUN POISONING

Calendula gel and Aspirin are effective treatments. To prevent sun poisoning while playing soccer or tennis, always use a long lasting SPF 50+ lotion that is sweat and water proof along with staying hydrated.



### ACNE

Acne can be effectively prevented by using a Benzoyl Peroxide cleanser daily.



### MILIARIA - SWEAT BUMPS

Miliaria can be effectively prevented by using a Salicylic cleanser daily or Sulfo-Lo Cleansing Bar.

## CROSS COUNTRY



### CALLUSES

Corn pads can be worn for calluses. They can be pared down with a file and prevented by wearing wide, comfortable shoes.



### ATHLETE'S FOOT

To prevent this fungal infection, rotate your shoes and let them dry before running in them again. Fungal infections are treated with Lamisil cream applied daily. Severe cases may need an oral Lamisil prescription.

## WRESTLING

### IMPETIGO

This highly contagious infection needs to be treated quickly with a triple antibiotic cream. Using a Benzoyl Peroxide cleanser after each wrestling meet can help prevent impetigo from occurring. Oral antibiotics are often needed.



Impetigo

Scabies

Molluscum



Herpes



Ringworm

### HERPES

This highly contagious virus must be treated orally with Valtrex.

### RINGWORM

This fungal infection is treated with oral Lamisil until completely cleared up. To prevent ringworm from occurring, use a Benzoyl Peroxide wash after each wrestling meet.

### SCABIES

This highly itchy and contagious condition must be treated with oral Stromectol. Avoid sharing items to reduce spreading.

### MOLLUSCUM

A contagious virus that can be removed at home and then washed with soapy water but must often be treated in office.

# WHY CHOOSE A BOARD-CERTIFIED *DERMATOLOGIST?*

**Dermatologists  
diagnose and treat  
more than 3,000  
conditions that  
affect the skin,  
hair, and nails.**



## ***DERMATOLOGISTS TREAT A WIDE VARIETY OF SKIN CONDITIONS FROM SKIN CANCER TO WARTS.***

Skin conditions dermatologists see include; chronic disease caused by problems with your immune system, allergic reactions to everyday substances, infections caused by bacteria or a virus, and more.

Dermatologists also help patients with cosmetic concerns, including aging skin, wounds caused by surgery to remove a skin cancer, diminish acne or other scars, or to restore a healthier appearance.

## ***IS SKIN DISEASE SERIOUS?***

Many skin diseases involve serious health risks. Even if the condition is not life-threatening, it may reduce a person's quality of life causing loss of sleep, poor self-image, serious depression, and lost productivity.

## ***COMPASSION & UNDERSTANDING***

What seems like a simple rash might be a sign of underlying disease. Many skin conditions come with related issues, known to physicians as comorbidities.

Dermatologists understand the interaction between the

skin and the body. Even if you think your concern is "just cosmetic" seeking the advanced medical expertise of a dermatologist is a smart move.

Dermatologists have advanced knowledge of all treatments of the skin. This expertise helps them identify diseases quickly. And what you think is a cosmetic problem could be a medical one. For example, what looks like a long-lasting pimple could actually be skin cancer. Dermatologists can spot problems quickly.

***Skin diseases are especially common, affecting one in four Americans.***

## ***WHO SHOULD SEE A DERMATOLOGIST?***

Anyone seeking treatment for a skin, hair or nail concern.

A dermatologist is a medical doctor who specializes

in treating the skin, hair and nails.  
Dermatologists care for people of all ages, from newborns to seniors.

*If you would like an appointment to talk with one of our Board Certified Dermatologists call Trillium Creek Dermatology & Surgery Center at 330.725.0569*



**SAME DAY  
APPOINTMENTS  
AVAILABLE**



SCAN ME

### SCHEDULE AN ONLINE APPOINTMENT

Visit [www.TCohio.com/clinic/online-scheduling](http://www.TCohio.com/clinic/online-scheduling) or scan the QR Code.



Trillium Creek is your solution for skin concerns.

Our team of skin experts offer exclusive treatments for skin diseases, skin cancers and cosmetic procedures. From anti-aging to acne, we treat all skin problems for all ages.

**PHONE: 330.725.0569 • HOURS: Monday-Friday: 8:00am–5:00pm • Saturday: Call for Hours**

#### BRUNSWICK OFFICE:

2865 Center Road  
Suite 5

**OPENING SEPTEMBER 23<sup>RD</sup>**

#### MEDINA OFFICE:

5783 Wooster Pike

#### WADSWORTH OFFICE:

300 Weatherstone Drive,  
Suite 106

#### WOOSTER OFFICE:

128 E. Milltown Road,  
Suite 208



## Want more info? Sign up for our FREE EMAILS

Trillium Creek Dermatology updates, general dermatology tips and cosmetic promotions, discounts and events.

Visit [TrilliumCreekOhio.com](http://TrilliumCreekOhio.com) or call us at  
**330.725.0569** to schedule an appointment.



SEE WHAT  
PEOPLE ARE  
**SAYING**

With every person, every day, Trillium Creek Dermatology provides personal, life-changing care.

“ They will leave voice messages for you on up coming deals and you can make appointments via live chat. I love the specials they offer. You can get so much done under one roof. ” - **Terri M.**

“ You’re the only dermatology office I’ve been to, but the experience was so positive that I would absolutely recommend you. Suzanne was very professional yet down to earth and easy to talk to. All made me feel very comfortable. That’s important to those of us who get a little stressed the second we walk into a doctor’s office. ” - **ANGELA B.**

“ Dr Reedy was able to solve an issue I was having with my nose that I have been fighting for years. I would recommend this place to anyone. ” - **SHANE B.**

“ I have been coming to Dr. Torok’s since my first melanoma was discovered by Helen. Thanks for saving my life! Francine also found a melanoma at its earliest state. She is a kind and gentle person who is also tenacious when checking my skin. I would recommend Francine to anyone who needs the best care possible. ” - **PATRICK C.**

PLAN YOUR  
**VISIT**

OFFICE LOCATIONS AND HOURS

**NEW OFFICE OPENING SEPTEMBER 23<sup>RD</sup>**

BRUNSWICK OFFICE: 2865 Center Road, Suite 5

MEDINA OFFICE: 5783 Wooster Pike

WADSWORTH OFFICE: 300 Weatherstone Drive, Suite 106

WOOSTER OFFICE: 128 E. Milltown Road, Suite 208

HOURS: Monday-Friday: 8:00am–5:00pm

Saturday: Call for Hours

**Trillium Creek**  
DERMATOLOGY & SURGERY CENTER  
YOUR SKIN EXPERTS



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