

YOUR SKIN EXPERTS

**330.725.0569** www.TCOhio.com

## Trillium Creek Dermatology & Surgery Center NEWSLETTER

Spring Athletics

**PREVENTATIVE TIPS FOR** 

ADULT DERMATOLOGY

PEDIATRIC DERMATOLOGY

**SKIN CANCER** 

COSMETICS

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NOW AVAILABLE! Virtual Visits

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APRIL IS Rosacea

AWARENESS MONTH Page 9

MEDINA: 5783 Wooster Pike WOOSTER: 128 E. Milltown Road, #208 WADSWORTH: 300 Weatherstone Drive, #106 BRUNSWICK: 2865 Center Road, #5 OPENING AUGUST 31<sup>st</sup>, 2020 330.725.0569 www.TCOhio.com

# History of Trillium Creek Dermatology & Surgery Center

Trillium Creek Dermatology & Surgery center is a culmination of a dream, hard work, and ingenious ideas.

#### Medina

Drs. Leonard and Helen Torok began work practicing in Medina in 1978. There, Dr. Helen Torok specialized in dermatology, and Dr. Leonard Torok as an orthopedic surgeon.

#### **Smith Road Office**

Dr. Helen Torok began practicing dermatology in her own office in Medina beginning in 1987, with the opening of the East Smith Road office.

#### Trillium Creek Medina Office

The Medina facility officially opened on June 10th, 2003 after several years of planning, by Drs. Leonard and Helen Torok and daughter, Heather Funk.

The Dermatology & Surgery Center is headed by Dr. Helen Torok. The Center offers treatments for all skin conditions including acne, psoriasis, allergies, eczema, bacterial infections, ringworm, hives, rosacea, nail diseases, hair disorders and more.

The Cosmetic / Laser Center is headed by Drs. Helen and Leonard Torok. The Center offers skin improvement procedures including anti-aging treatments, facial rejuvenation, laser rejuvenation, laser hair removal, hand rejuvenation, lip enhancement, spider vein removal and other state-of-the art aesthetic enhancement procedures.

The Mohs Skin Cancer Center, headed by Dr. Patrick M. Killian, offers state-of-the-art treatment for two of the most common forms of skin cancer: basal cell carcinoma and squamous cell carcinoma.

Trillium Creek is also home to Dr. Robert Marsico

Sr., Dr. Joshua Weaver, Dr. Megan Crute, Dr. Matthew Reedy, and our wonderful staff of physician extenders.

#### **Wooster Office**

The Wooster Office was opened on October 15th, 2012, and is located inside the Milltown Professional Building.

#### Wadsworth Office

The Wadsworth Office was opened on May 15th, 2019, and is located inside the Weatherstone Plaza.

#### **Brunswick Office**

We are excited to announce the opening of our fourth location in Brunswick, OH on August 31st, 2020. The Brunswick location will be inside the Sherman's Corner Professional Park, conveniently located off I-71 and Route 303.

We are very excited to now offer four locations to better serve you and your family !



Wadsworth-Rittman Hospital









**Trillium Creek Grand Opening** 





Opening August 31<sup>st</sup>, 2020

# Brunswick

2865 Center Road Suite #5 Brunswick, OH 44212 Conveniently located off I-71 and Rt. 303

Trillium Creek Dermatology & Surgery Opens Fourth Location in Brunswick, OH - Opening August 31<sup>st</sup>, 2020

#### **Brunswick Location**

Get the same quality care in our NEW 10,000 sq. ft. location. Our innovative and state-of-the-art procedures include:

- General Dermatology
- Pediatric Dermatology
- Cosmetic & Laser Center
- Minor Surgeries
- Skin Cancers
- H&H Science Boutique

#### To Schedule an Appointment

Phone Online 330.725.0569 www.TCOhio.com











Wooster Office Grand Opening

2012 October 15th



Wadsworth Office Grand Opening





**Brunswick Office Grand Opening** 







Sarah Michalak, PA-C

# Spring Break Essentials

Whether you're planning on a beach trip, road trip, or stay-cation this Spring Break, here are a few basics everyone should travel with to keep your skin healthy when out on the road.

First and foremost, this may seem obvious, but it is essential to protect your skin. While we all know a sunburn is an easy way to ruin a trip, even tanning is actually the result of UV induced injury to the skin. In other words, there is no such thing as a healthy tan. It is important to remember that we need to be more cautious during the first sun exposure after a long winter and little exposure to UV rays.

Some protection pearls include

minimizing sun exposure between the hours of 10am and 2pm, wearing darker colored protective clothing, large brim hats, UV protected sunglasses, and of course sunscreen with an SPF of 50 or higher. If you are planning on spending a large amount of time driving this spring break, make sure



H&H Science Silc Sheer SPF 50+ Sunscreen with 12% Zinc

Oxide

to wear your 50 SPF in the car as UVA rays can penetrate glass windows and damage the skin.

While packing for vacation can be a challenge, I recommend a few products that should be in any suitcase to keep your skin healthy and flawless.

First off, you want to pack your own products to avoid irritating and fragrant substances, often found in hotels, as they can be highly allergenic and cause phototoxic reactions.

Zinc and titanium sunblocks are physical sunscreens as opposed to chemical sunscreens. This essentially means they work by reflecting the sun's rays as opposed to absorbing them. Only mineral sunblocks should be used as these are also fafe for children and adults.

Last but not least, a healthy diet is vital in association with break

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outs for our acne prone patients. As many people are hitting the gym in preparation for "bathing suit" weather, make sure to avoid the use of whey protein as it worsens hormonally driven acne. Switching to a plant based protein is recommended.

Additionally, milk also contains high levels of hormones, with skim milk being the worst culprit, and should be limited to one glass per day or less but make sure it is organic.

While difficult to do on spring break, other foods and drinks that are linked with acne include beer, sweats, and chocolate.

Overall, eating a healthy diet, reducing stress, staying really well hydrated, and protecting the skin during spring break will provide you with all the key ingredients to have an awesome time.

For additional spring break and skin care tips, visit our blog at: **www.TCOhio.com/Blog** 

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## VIRTUAL VISITS Now Available!

Be seen for any skin related problem, at home, work or



### How It Works:



- Enter basic health information
- Pick your Pharmacy
- Have your Insurance Card ready.



Next you'll be placed in our "virtual waiting room", or you can schedule a time that is convienent for you.



Connect with a provider via video visit to discuss treatment plan and instructions\* \*During your virtual visit, it may be recommended that you will need to visit the office for further evaluation.



If a prescription is needed, it will be sent to the pharmacy of your choice within 2-3 minutes.



#### Virtual Visits are with our own Trillium Creek **Dermatology Providers** (no outside companies)

**Get Immediate Relief** & Solutions

- No Travel Time
- No Missed Work or School

We will bill Your Insurance



To learn more visit

Prescriptions can be

Virtual Visit Benefits:

We Are Available:

Monday-Friday,

7:45am-5:00pm

www.trilliumcreekohio.com /virtual-visits

### Start Your Visit TODAY!

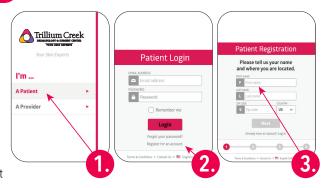
Using your Tablet, Phone, or Computer:

- Go to our website trilliumcreekohio.com
- Click on Virtual Visits at the top

Follow these next steps:

- 1. Click I'm A Patient
- 2. Click Register for an Account (under the login button)
- 3. Fill out Patient Registration

Once registration is complete, you'll receive an email to activate & complete your account profile. Then Start your Virtual Visit!



Virtual visits are not inteded to address emergency or life-threatning medial conditions and should not be used in those circumstances.

#### **TIPS FOR SUCCESS**

- Connect to WiFi for best experience.
- Make sure the device you are useing has a camera and a microphone.
- Make sure you are using a supported browser (Chrome, Firefox, or Safari) that is updated to its latest version.

#### **QUESTIONS:**

If you have any questions or need further assistance, please contact us at: 330-725-0569 For technical support, please call 888-666-2352 x 614



#### Why Choose Trillium Creek for Pediatric Skin Care?

At Trillium Creek, we have a special pediatric dermatology clinic where our staff is highly trained to diagnose and treat babies, children and teens with skin, hair and nail conditions. Our younger patients present with a variety of skin complaints, from acne, eczema and warts to more complex genetic skin disorders.

When we think about childhood skin problems, most of us think of acne in the teen years. But children can develop skin problems soon after they're born. Children experience skin disease and irritations just like adults. For example, did you know that about 20 percent of babies and young children will develop eczema?

Most pediatric skin issues resolve on their own, but quite a few require a dermatologist. Our specialists have extensive knowledge in pediatric dermatology and can work with you and your child to diagnose and determine the best treatment plan for his or her condition.

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#### Common Pediatric Skin Concerns we treat:

- Acne
- Athlete's Foot
- Baby Acne
- Body Odor
- Chicken Pox
- Cold Sores
- Cradle Cap
- Diaper Rash
- Dry Skin
- Eczema
- Impetigo
- Lice
  - Milia
- Pinworms
- Psoriasis
- Scabies
- Sensitive Skin
- Sun Allergy
- Warts

### We treat all ages and types of skin concerns:











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

# The Skin Experts

at Trillium Creek Dermatology & Surgery Center

With the area's largest staff of top skin experts, our providers are committed to your skin's health and dedicated to caring for you and your family for generations.

#### **Ohio Holistic/Homeopathic Medicine Center**

- Holistic medicine & dermatology
- Drug-free therapies & healing techniques



Trillium Creek 's team of providers are committed to all my skin care concerns.





#### **Dermatology & Surgery Center**

- Pediatric Dermatology
- Acne & Skin Care
- Skin Diseases & Disorders



#### **Cosmetic & Laser Center**

- Botox & Fillers
- Laser Rejuvenation
- Enhancement Procedures



**H&H** Science

• Medical Grade Skin Care Botanical Hair Care Mineral Makeup Vitamins

#### **Mohs Skin Cancer Center**

- Mohs Micrographic Surgery
- Treatment of Basal Cell Carcinoma, Squamous Cell Carcinoma, Melanoma



Our experienced providers offer the most comprehensive treatments, including topical therapy, laser treatments, pediatrics and cosmetics. Trust your skin to the skin experts at Trillium Creek Dermatology & Surgery Center

























Megan Heiby



Leonard Torok, MD

PA-C

Sarah Michalak, PA-C

Molly Verhoff, PA-C

Michelle Telloni

Michelle Koenig DN















































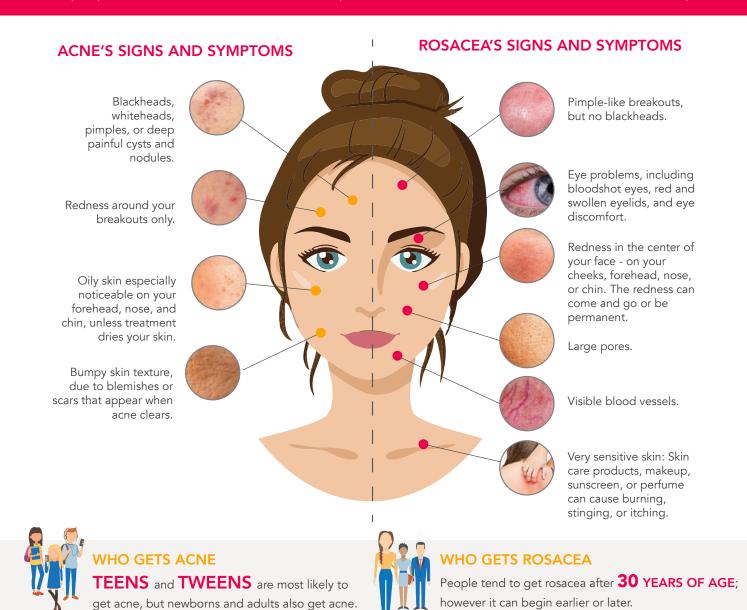


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# Acne OR Rosacea

### ACNE AND ROSACEA ARE DIFFERENT SKIN CONDITIONS.

Few people will have all of the signs and symptoms shown here, but knowing what to look for helps.



#### HOW CAN A DERMATOLOGIST HELP

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These two skin conditions require different treatments. A dermatologist can tell you what skin condition you have. You may have acne or rosacea. Some people have both.

It's also possible that you have another skin condition. Perioral dermatitis, can also cause pimple-like breakouts and redness on your face. Other skin conditions can also cause a red face. Our Trillium Creek Providers can give you an accurate diagnosis and provide you with the right treatment for your skin.

#### Trust your skin to the Skin Experts at Trillium Creek Dermatology & Surgery Center. 330.725.0569



Provider Feature Megan Crute, M.D.

# April is *Rosacea* Awareness Month

If red pimples and bumps begin to erupt on your nose and the middle of your cheeks in your 20s, you may need treatment for rosacea. This is an inflammation that affects the middle of your face. It can also appear on the forehead and around the mouth.

Flushing is a very common characteristic of rosacea sufferers. Certain foods, heat, alcohol and exercise can aggravate and bring on rosacea. It can affect the face, scalp, back and chest.

There are other conditions that can be mistaken for rosacea. You may think that these pimples, pustules and cysts are just an adult outbreak of acne but rosacea does not in

> itself give rise to blackheads which are a characteristic feature of acne. To add to the confusion, you may hear your physician referring to your condition as "acne rosacea"!

#### Causes

The exact cause of rosacea is not clear, although it does tend to run in families, which suggests a genetic link. It is also thought that the body's immune response to certain stimulae plays a part.

What we do know is that exposure to certain things can help bring on a bout of rosacea. Some food and drink can aggravate the condition, particularly spicy food and alcohol, but sufferers will show different levels of sensitivity as well.

#### Treatment

While there are many prescription treatments used to control rosacea, there is no known cure. Prescription antibiotics control the inflammation. Our skin experts at Trillium Creek Dermatology & Surgery use the latest techniques, such as Intense Pulsed Light (IPL), Aerolase, to erase the blood vessels in rosacea and clear the bumps.



#### Erythematotelangiectatic Rosacea

Flushing, persistent redness and visible blood vessels.



#### Papulopustular Rosacea

Redness, swelling, and transient bumps and pimples.



#### **Phymatous Rosacea**

Skin thickening, often resulting in an enlargement of the nose.



#### **Ocular Rosacea**

Eye irritation such as blood-shot eyes that feel gritty.



To make sure you are using the right products for your rosacea, we recommend that you have your skin assessed by a Trillium Creek Dermatology skin expert. Call us today at **330.725.0569** 

### How to Prevent Skin Conditions in

Athletes are at an increased risk of skin infections, which can have serious consequences. To Athletes

help prevent infections, athletes, parents, coaches, and athletic trainers can follow these tips from dermatologists:



Keep cuts and scrapes clean and covered with a bandage until healed. A cut or scrape weakens the skin's defense and allows germs that cause infections to enter.

#### Prevent blisters to

reduce infections. Apply a pad, gel, or spray to areas that routinely blister. To help prevent blisters on the feet, ankles and hands, consider using specialized gloves and socks or wearing two pairs of socks. Athletes should also make sure that their footwear fits properly.

### Wear moisture-wicking clothes. This helps keep

the athlete's skin dry and prevents germs from growing. Wear sandals in the locker room. Wearing sandals or other shoes helps reduce infections on the feet.

### Shower after every practice and game. In

addition, athletes should use an antimicrobial soap and wash their entire body.

**Do not share personal care items.** Athletes should always use a clean towel after showering and use their own towels, soaps, razors and other personal care items.

### Wash clothes and towels after each use. Sports

bags should also be washed, as germs that cause infections can remain in the bags and grow. Disinfect equipment, including protective gear, daily. For proper disinfection, follow the manufacturers' instructions.

#### Perform regular skin

**checks.** 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 dermatologist

Without treatment, skin infections can worsen. If you or your athletes notice anything on their skin that itches, burns or is infected, make an appointment today! What to Look For In Your Cleaning Supplies:

#### Hand Soap

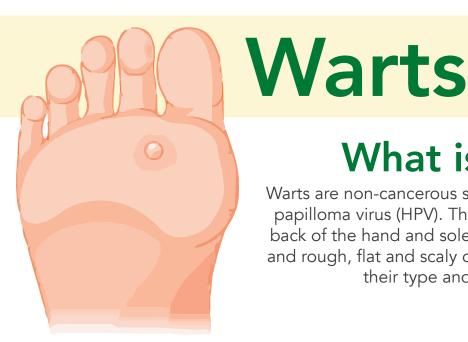
Look for hand soap that is antibacterial, as they are more effective than regular soap for killing germs.

Example: Dial & Zest

#### Laundry Detergent

Look for products that are dye-free and perfume-free. These are great for everyone, but especially for those who have skin conditions such as eczema, psoriasis, or extremely dry skin.

**Example:** Tide Free & Gentle or Purex Free & Clear





## What is a WART?

Warts are non-cancerous skin growths caused by the human papilloma virus (HPV). They are common around the nails, back of the hand and soles of the feet. Warts can be raised and rough, flat and scaly or long and narrow, depending on their type and location on the skin.



COMMON

WART

and knuckle but

may appear anywhere



PLANTER Common on hand

WART On soles heel or toes of feet





MOSAIC



PERIUNGUAL



ORAL



GENITAL WART

Usually on leg, hand, or face

WART Group of tightly clustered warts

WART Warts around finger nail or toe nai

WART Within oral cavity

TYPES OF WARTS

Located near or in genital areas

#### TREATMENT

### Wart removal methods:



#### Cryotherapy

Involves freezing a wart using liquid nitrogen



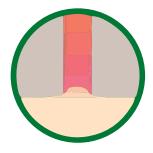
#### Chemical

Salicylic or lactic acid removes the wart by exfoliating the skin cells until the wart is gone



#### Electrodessication

Uses an electrical current to burn and scrape away the surface of the wart



Laser

Laser destroys the root of the wart, avoiding tissue damage or scarring

### check for warts

If you have concerns about a wart, make an appointment to see our dermatologists right away. Schedule an appointment with one of our Skin Experts at Trillium Creek Dermatology & Surgery Center - 330.725.0569











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# **5** Things to look for in a **Dermatologist**

Dermatologists are speciallytrained experts who diagnose and treat a variety of skin, hair and nail diseases. Dermatologist rely on their training to identify specific skin conditions and recommend the best course of treatment for each patient.

If you have yet to visit a skin expert, here's a refresher on what exactly a dermatologist is. In addition to skin treatments, a dermatologist can recommend cosmetic procedures which enhance or correct the process of aging, scars or other face and body issues.

When researching for your dermatologist, keep these 5 things in mind:

**Certifications:** Board certified is an important label to look for in finding any expert. This tells you the specialist has completed the training and mastered the skills necessary in his or her field. Research the facilities as well:

Whether in a clinic or hospital setting or private practice, the conditions of your dermatologist's office are a reflection of the specialist. If the materials available for reading/research are dated, dirty or unprofessional in any way, that can be an indication of the level of current research available at this facility.

**Consider gender:** This is more important than you might think. You need to be open, honest and able to communicate with your dermatologist. If you'd prefer to open up to someone of the same gender or are uncomfortable showing certain body parts to someone of the opposite gender, you should consider that aspect.

### Stress-free appointments and scheduling procedures:

Excellent dermatologists don't watch their clock when with patients. You want a specialist

that evaluates your health concerns and makes use of your appointment time efficiently but thoroughly. If you have difficulty making an appointment and are rushed through the entire process, this might not be the dermatologist for you.

A great Q&A session: You want a dermatologist you can talk to. Come prepared to discuss anything and everything that is of concern to your skin, hair and/or nails. During this initial consultation, you want your skin expert to answer and validate your questions and concerns. If you are considering a cosmetic procedure, here are some great questions to start with. Skin conditions can be stressful and that can increase the severity of outbreaks, depending on the condition. You want a dermatologist that is helpful in regaining your confidence and self-esteem but is also highly skilled. Dermatologists have access to a wider variety of prescription medicines and treatments than your regular primary care physician.

If you are looking for the best dermatologist, contact the Trillium Creek skin experts. We'll formulate a multi-faceted treatment plan specifically for you depending on the type, severity and symptoms your condition.

# Why see a board-certified dermatologist?

A dermatologist is a doctor who specializes in treating the:



Dermatologists diagnose and treat more than 3,000 different diseases and conditions.

Some of the most common are:

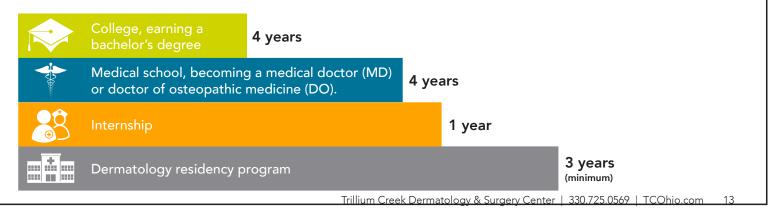
Acne	Psoriasis
Age spots	Rashes
Eczema	Rosacea
Hair loss	Skin cancer
Melanoma	Vitiligo
Melasma	Wrinkles

Dermatologists see patients of all ages — from newborns to people older than 100 years of age.



Becoming a dermatologist requires many years of education.

#### A person must successfully complete:



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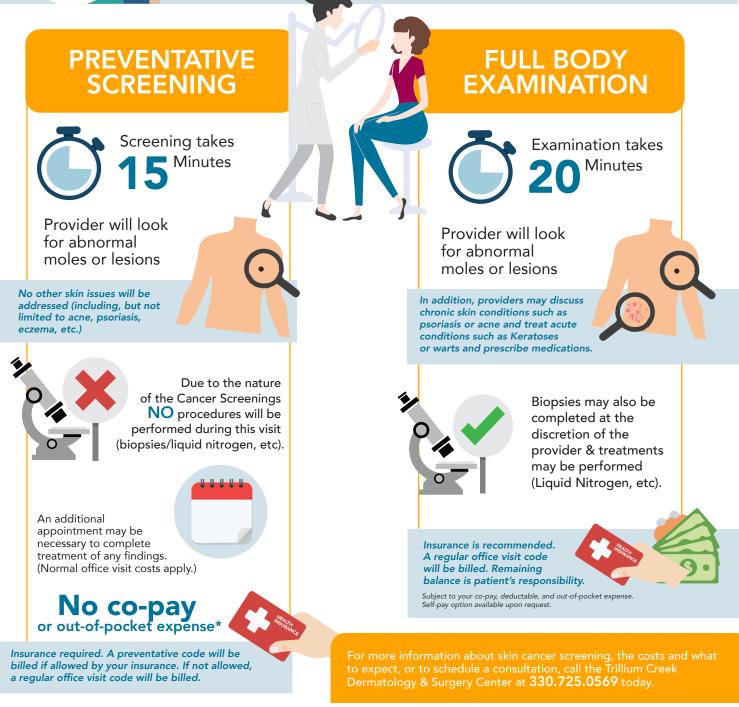


### How To Choose: **Preventative Screening vs. Full Body Exam**



### What's the Difference?

Whether it's a new spot on your back, or a pre-existing condition, know the differences ahead of time of what to expect between a preventative skin cancer screening vs. a full body exam.





At Trillium Creek, we make continual efforts to work together as local business partners to build a positive business relationship within our communities.



Wadsworth Chamber Easter Basket Scholarship Auction Trillium Creek Basket was donated for the March 18th, 2020 Scholarship Auction



Hametown Christian Academy Trillium Creek Basket was donated for the April 17th, 2020 21st Annual Benefit Auction & Dinner



**Medina Youth Baseball Association** Team and Fence Sponsor for the Medina Youth Baseball Association



**Church Bulletins** Look for us in the St. Francis Xavier, Holy Martyrs, and St. Marys church weekly bulletins



Medina Boys Lacrosse Team Trillium Creek Basket was donated for the March 7th, 2020 Annual Fundraiser



**Norwayne Health Professions Affinity Community Group (HPAC)** Silver donor for 5K, 10L & Bubble Fun Run on April 18th, 2020





**Medina Christian Academy** Event sponsor at Medina Christian Academy's Under the Big Top Annual Fundraiser on March 13th, 2020.



**Sacred Heart of Jesus School** Event sponsor at Sacred Heart's Red White and Blessed Annual Fundraiser on March 14th, 2020.



**St. Francis Xavier School** T-Shirt sponsor at St. Francis Xavier's Boosterthon Fun Run on April 24th, 2020.



**Wadsworth Youth Football** Platinum Sponsor for Wadsworth Youth Football Scholarship Dinner.



**The Children's Center of Medina County** Trillium Creek Gift Certificate donated to the 8th Annual Children's Cup - A Night at the Races on May 2, 2020.



- Sponsorships and donations
- Upcoming health & community events
- Information on services offered at Trillium Creek Dermatology
- Employee perks (i.e. preventative skin cancer screenings)
- ...and more!

If you are interested in working with us, please contact our Public Relations Manager -Lindsey Curry at: <u>Icurry@tcohio.com</u>



Public Relations Manager **Lindsey** Curry



Dermatology & Surgery Center
Cosmetic & Laser Center
Mohs Skin Cancer Center
Ohio Holistic/Homeopathic Medicine Center
H&H Science Skin Products



#### Sign up for our free emails

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

Visit <u>TrilliumCreekOhio.com</u> or call us at 330.725.0569 to schedule an appointment.



# After 35+ years, it's still personal.

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



C. Dr. Helen Torok has been taking care of my skin for over 10 years. People are always asking me what I use on my skin. I tell them a great dermatologist and H&H skin products.
Products.

Comparison of the second se



I have been coming to Dr. Torok's since my first melanoma was discovered by Helen. Thanks for saving my life! Love these incredible women who do so much for myself and oh so many others.
Patrick C.

- Terri M.



<sup>66</sup> The staff has always treated me with respect, even on the day's I didn't look or feel my best. I also enjoy the short drive over to the new Wadsworth facility. I feel that the easy option for same day appointments is another indicator of their concern. I also appreciate that the practice tried to understand my budget limitations. **22** 



#### Experience more stories at TrilliumCreekOhio.com

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