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DERMATOLOGY & SURGERY CENTER

YOUR SKIN EXPERTS

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Trillium Creek Dermatology & Surgery Center

NEWSLETTER

PLANTS THAT

Make You Itch

Page 10

ADULT DERMATOLOGY

PEDIATRIC DERMATOLOGY

SKIN CANCER

COSMETICS

Antibody Testing

FOR COVID-19

Page 3

Tick Tips

HOW TO REMOVE &
PREVENT FUTURE BITES

Pages 4-5

4 FREQUENTLY ASKED QUESTIONS ABOUT *Sunscreen*

Page 9

SHOULD YOUR SKIN CARE CHANGE WHEN YOU *Wear a Mask*

Pages 12-13



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WADSWORTH: 300 Weatherstone Drive, #106
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OPENING September 23rd, 2020

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Need to See the Provider?

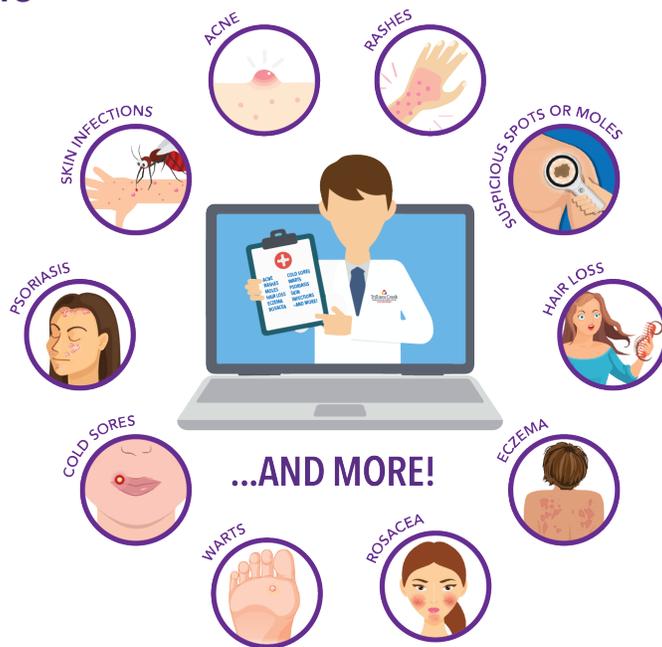


With Trillium Creek's new Virtual Visits, you have access to our board-certified providers through our secure, online health portal.

At Trillium Creek Dermatology & Surgery, we make it easy for you to get the care you need by now offering virtual visits. Whether you have a skin condition, new flare up, or you need to refill a prescription, skip the waiting room and get immediate relief and solutions, with no travel time or missed work or school, with a virtual visit from the comfort of your own home.

-  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**
-  **We Are Available:**
 - Monday - Friday: 8:00am - 5:00pm
-  **Prescriptions** can be sent to your pharmacy within 2-3 minutes

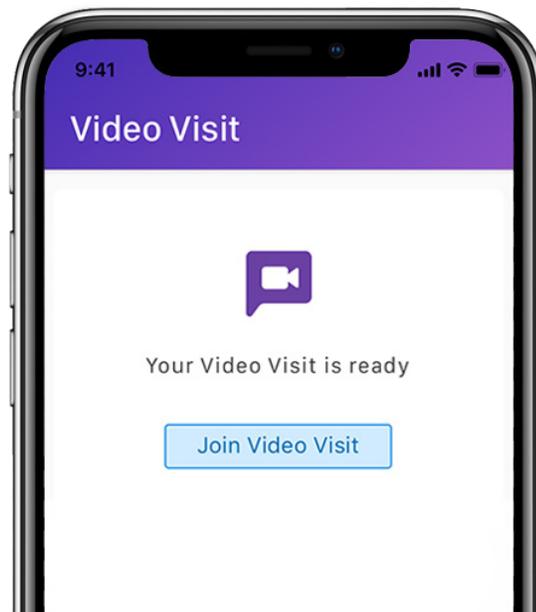
Receive accurate diagnosis and treatment for:



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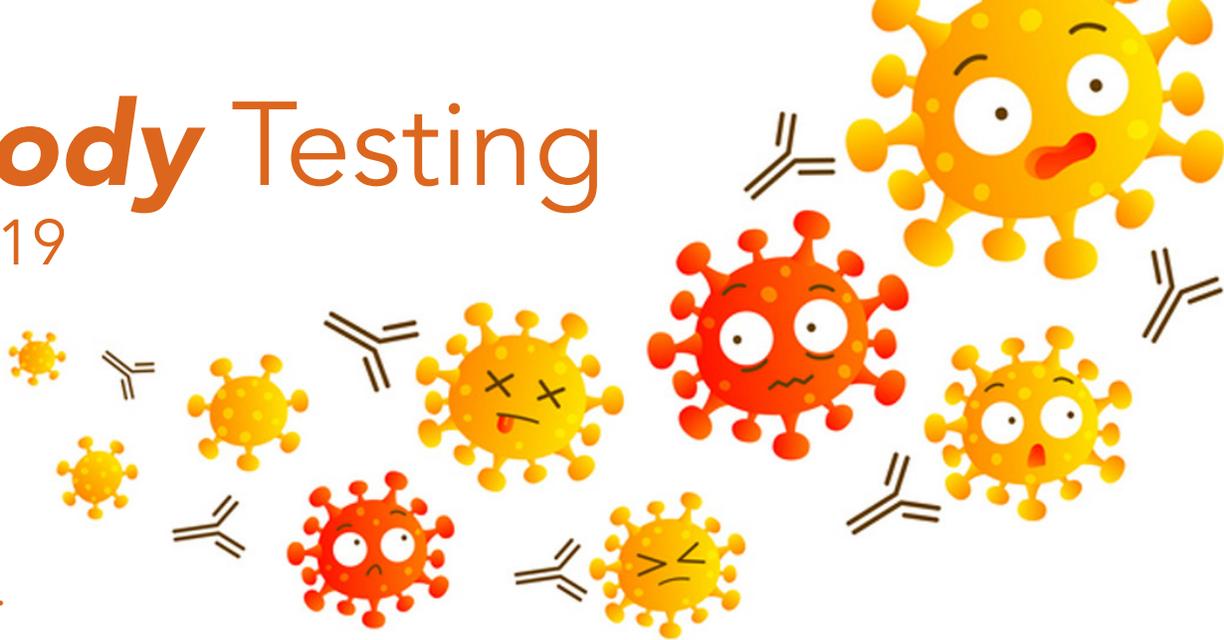


Antibody Testing

for COVID-19



Matthew Reedy, M.D.



With all the recent concerns over immunity and testing for coronavirus, we decided to introduce antibody testing for our staff. We are excited to now offer this test to our patients as well. Here are answers to some questions regarding the test:

What exactly is an antibody?

Antibodies are proteins in your blood. They are produced by your own immune system. You can think of an antibody as a weapon your body uses to fight off infections and hopefully protect you from future infections.

What is an antibody test?

An antibody test, rather than testing for the virus itself, tests for antibodies produced by your own immune system. The antibody test is used to determine if you have been exposed to the virus in the past. It should NOT be used to test for active infections in people who are currently sick.

What antibodies do we test for?

There are two antibodies that our test detects. It detects an early antibody (called IgM) that appears days after an infection and a late antibody (called IgG) that typically appears weeks after an infection and is more long lasting in your system.

What does the test tell me?

If you test negative for both antibodies, you likely have not been infected with the virus. An exception is if you were very recently infected in the past few days. This is because your immune system takes a few days after exposure to produce the early antibody (IgM).

When the early IgM antibodies are present alone or in combination with the late antibodies, this can indicate that a patient has an active or recent infection and may still be contagious.

When the late IgG antibodies are present alone and the early antibody (IgM) has disappeared, this often indicate a past infection that you may have had several weeks to months ago.

**On the day of your test, we will give you a handout explaining your results in more detail.

What does the test entail and how much does it cost?

The test is FDA authorized and produced in New York. We take a blood sample using a finger prick and you will have your test results in 15 minutes. The cost of the test is \$60 (not covered by insurance).

If I have positive antibodies, will I be immune or protected from future COVID-19 infections?

Because this is a new virus, we don't have a definitive answer to this question at this time; however, based on our knowledge from other viruses, there is a very reasonable assumption that the late antibody, IgG, may provide some protection from future infections. I'm hopeful that this is the case. The degree of protection and how long you will be protected is not yet known.

Regardless of your test results, we STRONGLY recommend that you continue to follow the CDC's guidelines regarding COVID-19 including social distancing, frequent hand washing, and wearing masks in public.

If you are interested in scheduling COVID-19 antibody testing, please call our office at **330.725.0569**.

Tick Tips



How to remove ticks and prevent future bites

Ticks are small insect creatures that live in heavily-wooded or grassy areas. If you walk through these areas, they can attach to your skin and feed on your blood. Although most ticks do not carry disease, some can cause serious illness, such as Lyme disease, Powassan virus, or Rocky Mountain spotted fever. To prevent infection, it's important to remove a tick from your skin as soon as you notice it.

Prevention

- Avoid wooded and bushy areas with high grass and leaf litter
- Wear insect-repellant clothing
- Apply insect repellent to exposed skin
- Be diligent about watching for ticks on your skin
- Remove them properly with tweezers

Ticks can bite at any time, however they're most active in April through September. Fortunately, there are many things people can do to protect themselves and their families against ticks.

To prevent tick bites, we recommend the following tips:

Walk in the center of trails

Avoid walking through heavily-wooded and bushy areas with tall grass.

If you must walk through heavily-wooded areas, wear long pants and long sleeves. Pull your socks up over your pants, and tuck your shirt into your pants to prevent ticks from crawling up your body. It's also a good idea to wear light-colored clothes so that ticks can be spotted easily.

If you develop any symptoms within a few weeks after a tick bite, such as a rash, fever or body aches, schedule an appointment with the Skin Experts at Trillium Creek.

Use insect repellent that contains 20-30 percent DEET on exposed skin and clothing.

Make sure to follow the product instructions. Parents should apply this product to their children, making sure to avoid the hands, eyes and mouth.

Examine your skin after spending time in heavily-wooded or brushy areas.

Conduct a full-body tick check to make sure that no ticks are crawling on you. Since ticks prefer warm, moist areas, be sure to check your armpits, groin and hair. You should also check your children, pets and any gear you used outside.

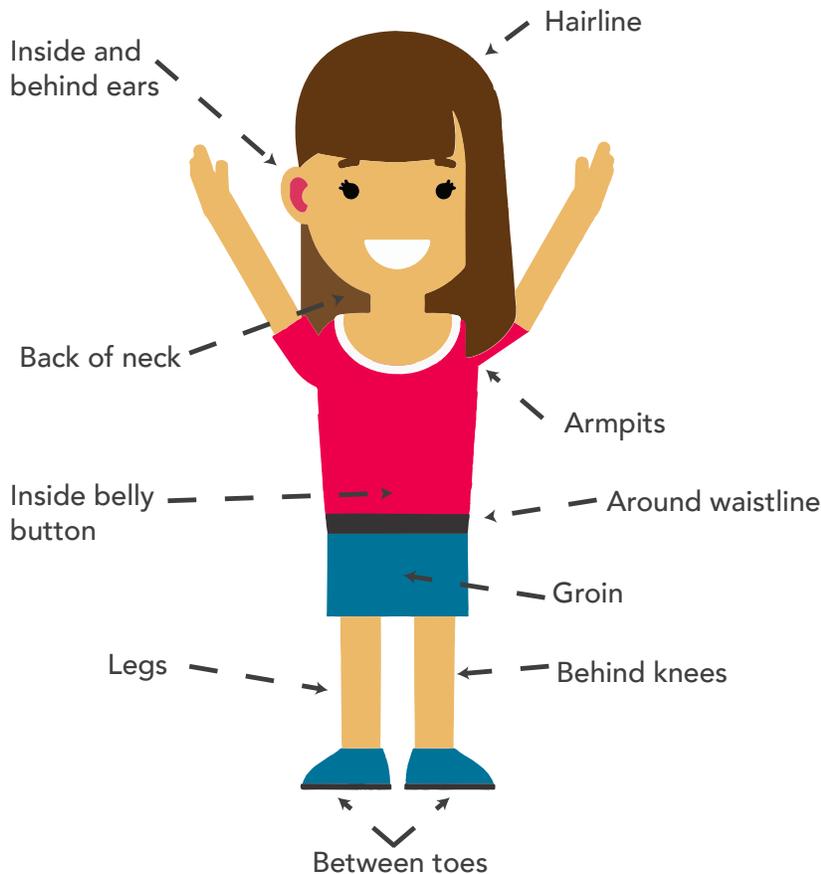




Key Facts:

-  Ticks are arachnids, relatives of spiders, mites, and scorpions.
-  Ticks can live in wooded areas, bushy fields, and virtually anywhere around your home.
-  Ticks can survive on the blood of their hosts.
-  Ticks can spread disease among animals and humans.

Where to Check for Ticks



HOW TO REMOVE A TICK



Sanitize bite area and tweezers with alcohol



Grab tick close to head



Pull up slowly and carefully



Sanitize bite area again

WHAT TO DO AFTER VISITING A KNOWN TICK AREA



Heat clothing in dryer



Search body for ticks



Check children



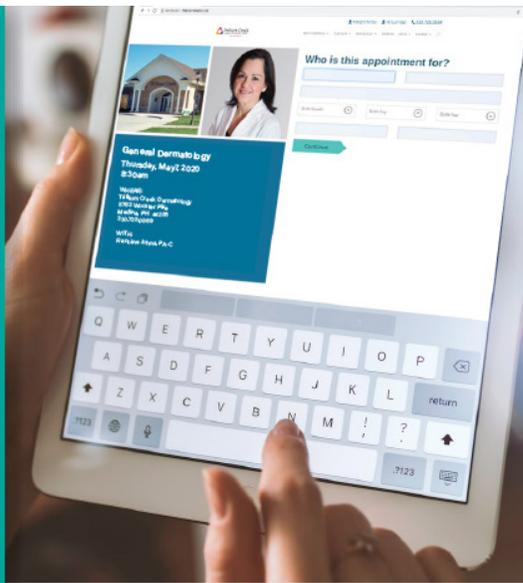
Check pets

NEW

ONLINE SCHEDULING

Now Available **24/7**

Schedule your own appointment with one of our Trillium Creek Dermatology Providers. Easy to use, no waiting, get confirmation and reminders!



HOW IT WORKS:

- Select your appointment
- Pick a date, time, provider & location
- Fill out contact information



VISIT OUR WEBSITE

TCOhio.com

Click **Online Scheduling** at the top.



SELF SCHEDULING

Select your appointment by *choosing a day that is convenient for you, or search by Trillium Creek Dermatology Providers, or search by Location.*

Then click **BOOK NOW**



SCHEDULE

Next you'll be guided through a series of pages.

1. Who is the appointment for.
2. Insurance information.
3. Wait for confirmation through email.

NEW

MOBILE CHECK-IN

Now Available!

- Check-in from home to avoid filling out paperwork in the waiting room.
- Confirm personal & health information.
- Easily upload photo ID and insurance cards.
- Get email reminders about your upcoming appointment.



Take advantage of our **New Mobile Check-In!**

Complete your paperwork through your mobile phone or online from work or home.

Finalize CHECK-IN at Kiosk located at the front desk.

- Fast & easy to use
- Private
- No waiting in line



SELF CHECK-IN HERE



Through our expertise in medical, surgical and cosmetic dermatology we've made it easier and convenient to access our providers at four locations, through online scheduling, same day appointments and much more! We're committed to helping you achieve a healthier and more beautiful you! Come see for yourself and make an appointment today! Visit: **www.TrilliumCreekOhio.com**



Skin Cancer PREVENTION



Helen Torok, M.D.

The best way of avoiding disease is by safeguarding against it and sun protection is a cornerstone of skin cancer prevention.

Overview

When the immune system in your skin is working at 100 percent efficiency, it clears away borderline precancerous areas. This prevents them from turning into growths that you can feel or see. Ultraviolet light from the sun, however, temporarily suppresses the immune system in your skin. When you expose your skin to the sun without protection, you hinder your immune system's natural ability to clear away small

clusters of precancerous cells and, consequently, to prevent skin cancers, melanomas and other growths. Whether you're burning or tanning, you are increasing your risk of precancerous growths turning into skin cancer.

Skin cancer statistics show that sun protection during every season is paramount for skin cancer protection. Some people have the misconception that because they tan easily and don't experience bad sunburn, they don't have to worry about skin cancer. It's true that they may not be at high risk, but they are still at risk, nonetheless.

Remember, there is no safe tan. Tanning prior to vacations does not protect your skin.

What You Can Do

It's never too late to start protecting your skin. Just because you haven't in the past, doesn't mean your skin won't benefit from skin cancer prevention now. Trillium Creek Dermatology & Surgery Center offers sun protection products to safeguard your skin from the sun, and sunless tanning products for a safe, natural-looking alternative to sun exposure. Applying an SPF of 50 or greater with antioxidants and nutrients should be a daily ritual in prevention of skin cancer.

After undergoing skin cancer

treatment or surgery, or if you have a history of skin cancer, it becomes especially important to consider the benefits of applying sunscreen products.



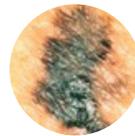
Danger Signs in Pigmented Lesions



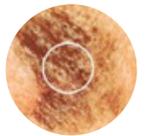
ASYMMETRY



BORDER IRREGULARITY



COLOR



DIAMETER: 1/4 INCH OR 6MM

MELANOMA

Any changes in existing moles should be reported to your dermatologist



CAUSES approximately **8,650 deaths per year.**

CAN appear **anywhere** on the body, even parts that are not exposed to the sun.

May look like a **discolored, misshapen, or uneven mole.**

Sun Allergy

Allergies can be frustrating and cause itching, but most are easily avoidable. Some people develop a condition known as sun allergy, where they become allergic to the sun. This condition is not the type of allergy that would cause the throat to swell, but it can cause irritability. This can be an especially frustrating condition to deal with. It happens when the immune system reacts to sunlight. The immune system will treat sun-altered skin as a foreign body which leads to a reaction.

There are various types of sun allergies:

Actinic Prurigo: This sun allergy is inherited, and the symptoms often begin in childhood. It is most common in Native American populations but can affect all races.

Photoallergic Reaction: This allergy occurs when a chemical that is applied to the skin reacts with sunlight. Medications, sunscreens, cosmetics, and fragrances can cause a reaction. Lemons, limes and mangos are main food ones. Symptoms do not usually appear for 2 to 3 days.

Polymorphic Light Eruption: This form of sun allergy is the most common. It affects women more than men and usually starts in the teens or twenties. Symptoms usually appear a few hours after sun exposure.

Solar Urticaria: This type of sun allergy is rare. It affects mostly young women, and hives will appear after a few minutes of exposure to the sun. Symptoms of this type of sun allergy can be mild or severe.

Symptoms of Sun Allergy

Those with a sun allergy will have a variety of symptoms like hives, irritated skin, itchy skin, red bumps, or blisters. The symptoms change based on the type of sun allergy that you have. Sun allergy mostly affects people in the spring and early summer so when on winter vacations in sunny climates. With continued exposure, the likelihood of allergy diminishes.

Treatment for Sun Allergy

At-home treatments include avoiding lengthy sun exposure and using a daily sunscreen. Sunscreen should be at least SPF 50 or greater and resistant to water.



4

FREQUENTLY ASKED QUESTIONS



About Sunscreen

It's time to soak up the sun, in a responsible way of course! And while you should use sunscreen every day of the year, it's even more important during these summer months. The days are longer and brighter, making it easier to spend more time outside. If you've navigated a sunscreen/skincare aisle recently, you've seen a host of marketing buzzwords and really high SPF contents. We're breaking down some common questions when it comes to sun defense:

1. What does broad spectrum mean?

When it comes to sun protection, you want a sunscreen that blocks UVA and UVB rays. Overexposure to both can lead to skin cancer but UVA rays can prematurely age your skin by causing wrinkles, age spots and other blemishes. All sunscreen products protect against UVB rays, which cause your skin to burn. "Broad spectrum" means the sunscreen blocks both of these harmful rays and has passed a test to insure its dual protection level.

2. How much SPF is enough?

The American Academy of Dermatology recommends any sunscreen you use have an SPF of at least 30. However, a higher SPF doesn't actually mean more protection. The higher an SPF goes, the smaller the difference in filtered UVB rays. For example, if you select an SPF 30 sunscreen, it filters out about 97 percent. When you bump it up to SPF 50, that's around 98 percent and SPF 100 is roughly 99 percent. No sunscreen can block 100 percent of UVA or UVB rays. However, you must apply a thick layer to get the protection.

3. What's the difference between waterproof and water resistant?

No sunscreen is waterproof, period. The FDA has banned the use of "waterproof" on sunscreen labels. There is a label requirement on all water resistant

sunscreen that dictates either 40 or 80 minutes of protection.

4. How often should I reapply?

At a minimum, with no water or sport activities, you should reapply every four hours. If you are swimming or sweating, you will need to apply every 40 or 80 minutes, per the label's instructions. Another important factor: when you dry off or use a towel, you are wiping off any coverage, or if you wipe the sweat away after a short bike ride or hike, you should reapply.

If you are ever in doubt about your sunscreen protection, reapply. There is no harm in overlapping coverage but there can be serious consequences for under applying. Just one blistering sunburn, especially when you're young, can double your risk of developing melanoma.

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 SILC SHEER SUNSCREEN For On-the-go Active Types \$53	 SHEER ANTIOXIDANT SUNSCREEN For Dry to Normal Skin Types \$43	 TINTED BRIGHTENING BB CREAM Makeup and SPF for all Skin Types \$59	 100% NATURAL MINERAL ACTIVE INGREDIENTS SUNSCREEN SPF 30 SPRAY For Combination to Oily Skin Types \$49	 ON-THE-GO PERFECTING POWDER Makeup and SPF for All Skin Types \$35
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Plants THAT MAKE YOU Itch

Poison ivy is the most common cause of contact dermatitis in the United States, but a host of other common plants are capable of producing skin reactions.

For most, knowledge of hazardous plants is limited to the phrase, "leaves of three, leave them be." However, despite widespread awareness of a few common culprits, many casual outdoor enthusiasts may find themselves with an itchy souvenir following an encounter with a flower or shrub.

While poison ivy is the most common cause of contact dermatitis in the United States, a host of other common plants are capable of producing skin reactions.

Your backyard can be home to a variety of potentially hazardous plants. The following homegrown crops have been known to cause skin reactions:

In addition, combined exposure to citrus fruit and sunlight should be avoided. Lemons, limes, clementines, oranges, and grapefruit all contain light-sensitizing chemicals that can cause a rash.

Lemons
limes
clementines

oranges
grapefruit



Prevention

Plastic bags are your friends!

Use plastic or heavy shopping bags to pull plants from the soil, replacing the bags with the pulling of each plant. Plastic bags can also be used to cover arms for additional protection during the removal process.

Get to the root.

Any lingering shoots or seedlings can be killed with white vinegar.

Cover up

Keep skin as covered as possible to avoid any potential contact. Wear long-sleeved shirts and pants.

Rinse, rinse, rinse

After removal or exposure to poisonous plants, rinse any exposed skin with water immediately (avoid soap or harsh scrubbing), and wash clothes immediately.

If you are concerned about your rash or skin reaction, call Trillium Creek Dermatology & Surgery Center at **330.725.0569**

Strawberry
Garlic
Tomato
Comfrey
Borage

Rose hips
Hot peppers
Tulip bulbs
Daffodil bulbs
Hyacinth bulbs



Poison Ivy

What Does it Look Like?



Poison Ivy

- 3 Leaves that connect to stem
- No thorns
- Grows as a vine or shrub
- Leaves can also be red, green, or even slightly yellow



Poison Sumac

- Grows as a small tree or shrub in wet climate
- Has red stems
- 9 to 17 leaflets per stem
- Parallel rows of upward growing leaves.



Poison Oak

- 3 Leaves that connect to single stem
- Leaves resemble oak tree limbs
- No thorns
- Leaf groups grow in same pattern as Poison Ivy

How Do I Get It?



By touching it directly



By touching anything that has urushiol oil on it



By breathing the smoke

What do I Do If I Get It?



Take a Shower

Immediately take a cold shower to rinse off any of the urushiol (the oil that causes the rash)

Wash Your Clothes

Wash all clothes that may have come in contact with the urushiol. Urushiol oil can remain on clothes.



Get OTC Cream

Rub topical corticosteroid cream on all areas to relieve the itch.

Should Your Skin Care Change When You

Wear a Mask?



Guest Feature
Heather L. Funk, MBA



Helen M. Torok, MD

The CDC's most recent public-health advisory recommends that every American wear a face covering in public to curb the spread of COVID-19. Whether you decide to make your own mask using a bandana and elastics, or you buy a mask you're likely to soon discover the uncomfortable side effect of keeping your nose and mouth covered for a prolonged period of time: rashes, chafing, and even breakouts.

According to our HH Science dermatology expert and co-founder, Dr. Helen Torok MD, the issue lies in the deliberate occlusive nature of a protective mask. It's something that impacts everyone who wears one.

"Protecting your face with a mask creates a moist, hot environment for your skin, as your breathing is being trapped," Dr. Helen Torok explains. "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."

Dr. Torok and our team at Trillium Creek Dermatology provide you with a step-by-step guide below on how to keep your skin clear while following the CDC's guidelines for wearing a face cover.

Wash Your Face Before And After

After washing your hands, you want to make sure you

also wash your face thoroughly before and after wearing a mask. Dr. Torok recommends using a gentle, foaming cleanser like the HH Science Green Tea Cleanser for normal, dry and combination skin types.



"Foaming cleansers remove oil more effectively than hydrating oils or balms will," she explains. "For people with very oily skin, look for a face wash like the HH Science Pore Minimizing Cleanser that contains glycolic and salicylic acid. This will help remove excess oil and dead cells from the surface of the skin, which will prevent potential flareups and clogged pores."



Continue with your daily skin care regimen but make sure you apply a protective barrier over top.

Keeping up with your daily medical grade skin care essentials is essential! Your skin needs now more than ever its daily dose of medical grade retinol, antioxidants, and brighteners- but you need to apply protective barrier over top.

Applying a moisturizer that contains a barrier from your skin and the mask is essential, even if your skin tends to be oily.

"Skin hydration and skin oil production are separate issues," explains Dr. Torok "Even oily, acne prone people need to apply a barrier repair cream that is oil free and non-comedogenic like our HH Science Barrier Repair + Moisture Lock.



Especially if you're wearing a mask, you want to make sure your skin and its barrier is in the best shape possible, which means it's both balanced and hydrated.

About H&H Science

H&H Science products are dermatologist tested and approved, Ph balanced, cruelty free, chemical paraben free, non-comedogenic, medical-grade, and made in the USA. Every H&H Science product has been hand-selected by co-founders – Helen Torok, MD, and Heather Funk, MBA, beauty skin care expert.

Skip Makeup Unless It's Mineral Under Your Mask

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," explains Dr. Torok.

"I would recommend minimizing any makeup that is not pure pigment mineral make-up—particularly foundations and concealer with heavy formulations — because the increased humidity under the mask could affect your skin's sebum production and potentially lead to an increase in clogged pores and breakouts."

All of our HH Science Mineral Make-up Foundations are oil-free, non-comedogenic and pure pigment which provides another protective barrier.



Pick the right type of mask and make sure it fits securely

According to the CDC, the American public should be wearing cloth face coverings — not surgical masks or N-95 respirators, as those are critical supplies that must be reserved for frontline healthcare workers.

When it comes to donning a mask, you want to make sure the fabric that touches your face is comfortable. "Cotton is a breathable fabric and will therefore be relatively non-irritating for the skin," says Dr. Torok

Make sure that your mask is secure, but no tighter than necessary to achieve a skin-to-mask seal.

"The best idea is to wear a cover that sits close to the skin and that doesn't wave away," explains Dr. Torok.

"It's important to remember to touch the mask as little as possible, so you certainly want to wear something that is comfortable, especially if you have sensitive skin."

Treat Rashes and Breakouts With TLC

If you've already experienced a bit of irritation or redness from mask-to-skin friction, Dr. Torok recommends treating it with good, old-fashioned Vaseline.

"If you notice this kind of irritation after removing the mask, wash the area with water and a gentle cleanser like our HH Science Gentle Hydrating Cleanser, then apply an ointment, like Vaseline, to help the skin heal," Dr. Torok says.



Dr. Torok adds that the same care should be taken with breakouts. If you can

clearly recognize your condition as acne (whiteheads, blackheads, or pustules), you can treat those areas with a benzoyl peroxide spot treatment like our HH Science Spot Treatment 5%.



But, if this is a first-time occurrence or it looks unusual in any way, you might need a virtual visit or regular dermatology appointment with one of our Trillium Creek skin care experts to assess what's going on and potentially get a prescription for an antibiotic or anti-fungal cream.

At the end of the day, protecting yourself and others is the number one priority — and maintaining a strong skin barrier, helps prevent the spread of bacteria, viruses, and infection, is just as much a part of that as wearing a mask.

Cleaning Tips

- For those wearing cloth masks, make sure you launder them daily per CDC guidelines, and to minimize bacteria growths on them, which can cause acne. Use regular detergent with no bleach as the bleach may breakdown some mask materials.
- Make sure to wash your hands with soap and water after removing your mask.
- Don't forget to clean your makeup brushes, sponges and throw out old products that are expired.





Bug Bites AND Stings

When to See a Dermatologist

Most bug bites and stings are harmless, but some can be dangerous. This is especially true if you are allergic to the venom, or if the bug is carrying a disease. Most bug bites and stings can be safely treated at home with topical medications.



Provider Feature
Francine Johns,
PA-C

Bites and infestations from insects and animals can cause mild to serious reactions. The skin experts at Trillium Creek Dermatology & Surgery Center can diagnose and treat a wide range of bites and infestations, some of which require prolonged treatment with specialized medications to ensure eradication.

Bites

Black Widow Spider

Bites from the black widow spider and the brown recluse spider can be very serious. The bites themselves can be painful, and other symptoms can include abdominal pain, muscle cramping, headache, nausea and vomiting.



Black Widow
Spider Bite

Flea Bites

Bites from fleas are more common and cause redness and itching, usually on the legs, and can cause scarring if itching is not controlled. Some individuals are hypersensitive to flea bites, causing severe redness and itchiness.



Flea Bites

Treatment

The Trillium Creek Dermatology skin experts will recommend a course of treatment for spider bites ranging from ice applied to the bite location to pain medications and/or muscle relaxants, depending on the severity of the reaction.

Flea bites can be treated in a number of ways, including topical lotions to control itch, antibiotics if the bites have become infected, and topical steroids if symptoms persist. While fleas do not generally live on humans, fleas must be eradicated from pets and the environment (pet bedding, carpet, etc.) or biting will continue.

Lice

Lice are tiny, wingless insects that infest human hair. The three types of lice are head lice, body lice and public lice (commonly called crabs). Head lice is easily spread among school age children through close contact and sharing personal belongings. Unlike fleas, lice cannot survive on other animals or furniture, so eradication from home or school are not necessary.



Lice

Treatment

Your Trillium Creek Dermatology skin experts can offer you a wide range of treatments including shampoos, rinses, lotions and combs that will eradicate adult insects as well as any eggs (nits) that have been laid. It is important to follow usage directions carefully, because younger lice and nits may not be eradicated during initial treatment. While many over-the-counter treatments are effective, lice have emerged that are resistant to a number of common treatments, so recurring cases may require specialized treatment from our skin experts.

Tick Bites

Lyme disease is transmitted to humans by the bite of a blacklegged tick (a.k.a. deer tick) carrying the bacterium *Borrelia burgdorferi*. The initial reaction to the bite is called erythema migrans, a bright red, bulls-eye shaped inflammation. The bulls-eye lesion can become large (4 inches in diameter) and additional sites can erupt. Additional symptoms can include fever, headache and fatigue. If left untreated, lyme disease can result in heart problems, sleep disturbances, nervous system disorders and arthritis.



Treatment

Your Trillium Creek Dermatology skin expert will assess the progression and severity of your condition. In most cases, lyme disease can be treated with antibiotics, especially if treatment is begun early in the course of illness. It is important that you follow through with all antibiotic treatments. Consult with our Trillium Creek Dermatology Medical Professional in the event that your symptoms do not respond so additional steps can be taken to eradicate the disease.

Scabies

Scabies is an infestation of the skin with the microscopic mite *Sarcoptes Scabiei*. It is intensely itchy, especially at night, and secondary infections are common as a result of scratching. Scabies can spread easily where there is frequent skin-to-skin contact between people, such as in hospitals, institutions, child-care facilities, and nursing homes.



Treatment

Your Trillium Creek Dermatology skin experts can prescribe one of a number of lotions or pills that are highly effective in eradicating scabies. The mite that causes scabies does not generally survive away from the human body, so it is not necessary to treat pets or the immediate environment. However, it is important to wash all clothing, bedding and towels used by the infested person with hot water and dry with high heat to eradicate mites.

Stings

Insect stings are most common from bees, hornets, wasps, yellow jackets, fire ants and sometimes scorpions. Stings themselves are not generally dangerous, but an allergic reaction to a sting can cause a serious reaction (shortness of breath, wheezing, nausea, abdominal cramps and swelling) that can be fatal, especially in a hypersensitive person over 40 who is stung on the head or neck.



Treatment

Seek immediate medical treatment if you suspect a serious, adverse reaction to a sting. Severe reactions can be treated with a shot of adrenaline, and emergency kits are available for individuals with known allergies to stings.

Honey bees are the most common source of stings, and the only ones who deposit their stinger into the skin. Remove the stinger as quickly as possible to minimize the effects of the sting. Apply ice and cool wet dressings to relieve pain and swelling. Your Trillium Creek Dermatology skin experts may recommend antihistamines and/or prednisone depending on the severity of the reaction.

Ensuring healthy skin is important to your overall well-being. If you or your loved ones are suffering from bites and infestations and related complications, set up an appointment with our skilled and experienced staff. Give us a call at **330.725.0569**.

5 Ways to Prevent Mosquito Bites



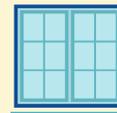
Cover Up

Wear long-sleeved shirts and long pants.



Apply Protection

Use insect repellent that's EPA-registered. This means it's proven safe and effective for preventing mosquito bites.



Screen Them Out

Make sure all windows and doors have screens.



Remove Standing Water

Empty any items outside that hold water. Mosquitoes lay their eggs near water. Check buckets, toys, containers, or planters once a week.

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 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.



“ 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. ”
- Michelle G.



“ 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. ”
- Suzanne K.

“ 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.



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

Experience more stories at TrilliumCreekOhio.com