



Trillium Creek

DERMATOLOGY & SURGERY CENTER

YOUR SKIN EXPERTS

330.725.0569

www.TCOhio.com

Trillium Creek Dermatology & Surgery Center

NEWSLETTER

A NEW DAY. A NEW YOU.

Full-Service Dermatology Center

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ADULT DERMATOLOGY

PEDIATRIC DERMATOLOGY

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MEDINA: 5783 Wooster Pike

WOOSTER: 128 E. Milltown Road, #208

WADSWORTH: 300 Weatherstone Drive, #106

330.725.0569

www.TCOhio.com



A New Day. A New You.

Trillium Creek Dermatology & Surgery Center is your one-stop-shop for all of your general dermatology, cosmetic and skin care concerns.



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. At Trillium Creek Dermatology & Surgery Center, we have access to a wider variety of prescription medicines and treatments than your regular primary care physician or other dermatology clinics in the area.

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 underlying your condition. Take advantage of all the services we have to offer:

Same Day Appointments

Your health shouldn't have to wait. Trillium Creek Dermatology offers same-day appointments with any of our providers.

Three Convenient Locations

Trillium Creek's Wadsworth office is conveniently located in Medina and Wooster, to get fast, lasting results for any skin condition.

Pediatric Dermatology

Pediatricians specialize in the health of children. However, their area of expertise doesn't usually include skin cancer or infections, skin abnormalities and acne. At Trillium Creek, have your child's skin concerns diagnosed correctly and quickly with our trained staff of providers.

H&H Science

Your skin deserves the very best products when it comes to your specific skin's needs and concerns.

H&H Science medical-grade line of products have been hand-selected by Dr. Helen Torok and Heather Funk, Skin Care Expert to deliver you the best results, whether it is a post-procedure regimen, acne treatments, mineral makeup and more!

Cosmetic Treatments from those Who Know You Best!

Who better to provide your cosmetic treatments than someone who knows your skin from the inside-out? We take pride in always having the most advanced and latest cosmetic and laser treatments that are readily available from your trusted team here at Trillium Creek Dermatology.

Skin Cancer Solutions Right Here On Campus

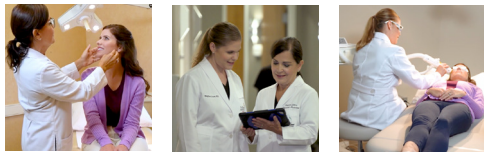
When action is required for the removal of skin cancer, our Mohs Skin Cancer Center provides surgery and curative options available right here on campus at our Medina Location.

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.

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



Ohio Holistic/Homeopathic Medicine Center

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



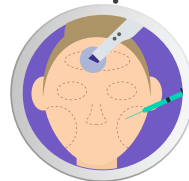
H&H Science

- Medical Grade Skin Care
- Botanical Hair Care
- Mineral Makeup
- Vitamins



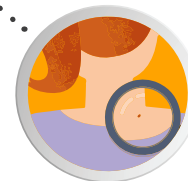
Dermatology & Surgery Center

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



Cosmetic & Laser Center

- Botox & Fillers
- Laser Rejuvenation
- Enhancement Procedures



Mohs Skin Cancer Center

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

Providers

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**



Helen Torok, MD



Leonard Torok, MD



Patrick Killian, MD



Robert Marsico, MD



Meghan Crute, MD



Matthew Reedy, MD



Francine Johns, PA-C



Suzanne Dade, CNP



Dana Pilz, PA-C



Jordan Goad, PA-C



Farah Edds, PA-C



Sarah Michalak, PA-C



Molly Verhoff, PA-C



Michelle Tello, RN



Michelle Koenig, RN



Megan Heiby, RN

We're growing to better serve you

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!



Wadsworth 300 Weatherstone Drive
Suite #106
Wadsworth, OH 44281

Trillium Creek Dermatology & Surgery Opens Third Location in Wadsworth, OH - May 15, 2019

Wadsworth 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 330.725.0569
Online www.TCOhio.com





Wooster

128 East Milltown Road
Suite #208
Wooster, OH 44691

Wooster Provides the Same Quality Care as Medina & Wadsworth

Conveniently located inside the Milltown Professional building, our Wooster office provides all of the same skin care and cosmetic treatments that are available at our other two locations.

Medical Directors and board-certified dermatologists, Drs. Helen and Leonard Torok have been practicing dermatology for over 40 years and have earned an excellent reputation in the treatment of disorders of

the skin, hair, and nails, as well as using aesthetic procedures to improve your appearance.

Our Wooster office is also includes our physician extenders who assist in treating and diagnosing patients with acne, rosacea, warts, eczema, psoriasis, allergies, and sun-damaged skin.

Medina

5783 Wooster Pike
Medina, OH 44256

Mohs Skin Cancer Center



Patrick Killian, MD

The Mohs Skin Cancer Center headed by Dr. Patrick M. Killian, M.D., offers state-of-the-art treatments for two of the most common forms of skin cancer: basal cell carcinoma and squamous cell carcinoma. Mohs micrographic surgery is highly effective — even if the skin cancer has been previously treated.



Skin Cancer Screenings

Dermatologists and their physician assistants are trained to catch the early signs and symptoms of skin cancers; pre-cancers, basal cell cancers, squamous cell cancers and malignant melanoma. A good way to ensure early detection of these concerns is with an annual full body skin cancer screening by a provider at Trillium Creek Dermatology & Surgery Center.

For more information, call: **330.721.9990** or visit www.TCOhio.com/Skin-Cancer



The importance of a *Full Body Exam*

Your skin is the largest organ of your body, so a skin cancer screening can also reveal much about your overall health and well-being.

Dermatologists are trained to catch the early signs and symptoms of skin cancer; pre-cancers, basal cell cancers, squamous cell cancers and malignant melanoma. A good way to ensure early detection of these concerns is with an annual full body skin cancer screening examination.

What to Expect

During your skin cancer screening exam, a Trillium Creek provider will check every part of your body — including your head, nose, ears, breast, groin, buttocks, and toes. They will be looking for discolored areas, bumps, unusually shaped freckles, and spots with irregular borders. Full body exams are especially important for people who work outdoors.

Most skin conditions, if caught early, are 100% curable. If an area or bump looks suspicious, it will be biopsied through a simple procedure of numbing it and then shaving off a portion to send to a laboratory. Patients with a biopsy of proven skin cancers on the head and neck are referred to Dr. Patrick Killian at the Mohs Skin Cancer Center at Trillium Creek Dermatology.

The entire skin cancer screening procedure takes only 15 minutes — and that 15 minutes may save your life.

Call today to schedule your full body exam today! **330.725.0569**.

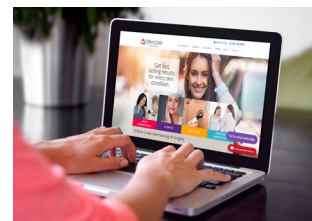
You're Just A Click Away From Your Skin Experts.

Connect online through our live chat, or email

Questions about your health shouldn't have to wait. That's why Trillium Creek offers convenient ways for you to connect with our providers.

Live Chat

Got a question about treatment or scheduling? Click on our chat icon on our website for a live, private discussion, to schedule an appointment, or ask questions (during business hours).



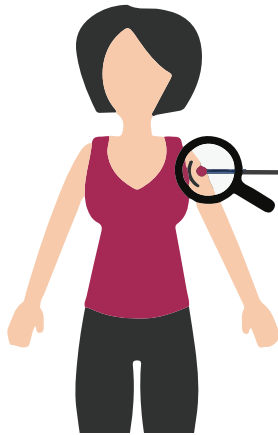
Patient Portal

Securely receive biopsy and lab results with our patient portal. Simply login at the top of our website with your assigned username and password. If you haven't received your login information, give us a call at **330.725.0569**.

Contact Us

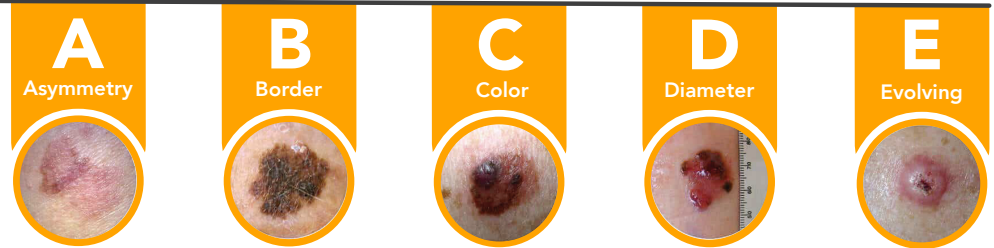
Our email form on our website makes it easy to connect with questions about scheduling, payments, treatments and more.

Skin Cancer



Sun spot or skin cancer?

Why you need to know the difference



Mohs Skin Cancer Center

When action is required in the treatment of skin cancer, Mohs surgery provides the best possible outcome for both safety and scar prevention.

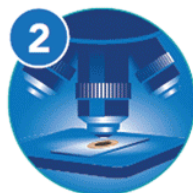


Mohs Skin Cancer Center | Medina, OH

WHAT TO EXPECT DURING MOHS SURGERY?



1 The visible tumor and a small segment of surrounding skin are removed.



2 The tissue is examined under a microscope to see if any cancer cells remain at any of the edges.



3 If any cancer remains, additional skin continues to be removed and examined under the microscope.



4 This process continues until no more cancer cells are found.



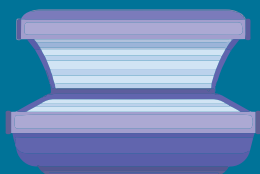
Meet
Dr. Killian!

The Mohs Skin Cancer Center is headed by Dr. Patrick M. Killian, M.D.

As a board-certified dermatologist skilled in all aspects of skin surgery Dr. Killian offers state-of-the-art treatment for two of the most common forms of skin cancer: basal cell carcinoma and squamous cell carcinoma.

Mohs micrographic surgery performed by the Trillium Creek staff has been found to be highly curative — even if the skin cancer has been previously treated.

Skin Cancer Prevention



Avoid tanning beds



Wear protective clothing

Always wear sunscreen with UVA/UVB protection of 50+



check
your
moles



If you are concerned about your moles, make an appointment to see a dermatologist right away. Schedule an appointment with one of our Skin Experts at Trillium Creek Dermatology & Surgery Center - 330.725.0569

what does

Psoriasis

look like?



There are different types of psoriasis. Most people have a type called plaque (pronounced plack) psoriasis. It's possible to have more than one type of psoriasis. What you see on your skin varies with the type of psoriasis you have and where it appears on your body. The following pictures will give you an idea of what the different types of psoriasis can look like.



Plaque (plack) psoriasis

Patches of thick raised skin covered

with silvery scale form. These patches usually appear on the scalp, elbows, knees, or lower back — but they can develop anywhere on the skin.



Scalp psoriasis

On the scalp, the psoriasis may be thin or thick. Very

thick patches can lead to hair loss. Whether thick or thin, the patches can extend beyond the scalp to the forehead, neck, or ears.



Nail psoriasis

This can develop with any type of psoriasis.

Signs include yellow-brown spots on the nails, pitted nails, crumbling nails, and nails separating from fingers or toes.



Guttate (gut-tate) psoriasis

This type often

develops in children, who get it after they've had an infection, such as strep throat. Guttate psoriasis tends to cause lots of small, scaly spots.



Inverse psoriasis

Found where skin touches skin, such as the armpit or

groin area, this type causes shiny, smooth patches instead of scaly ones. This psoriasis is often bright red and the skin may be sore.



On their hands and feet, people develop painful pus-filled blisters and thick, scaly skin that cracks easily.



Generalized pustular psoriasis

Rare and very serious, this type

of psoriasis requires emergency medical care. It begins with dry, red, and tender skin. Within hours, widespread pus-filled blisters appear.



Erythrodermic (eh-rith-row-der-mic) psoriasis

This type of psoriasis causes large

areas of skin to look burnt. Anyone who has skin that looks burnt should see a doctor immediately because this type of psoriasis can be life threatening.

Pustular psoriasis

If you or your loved ones are suffering from psoriasis and related complications, set up an appointment with our skilled and experienced staff at **330.725.0569**.

Psoriasis

What is Psoriasis?

It is a chronic immune-mediated inflammatory disorder (IMID) that causes red, itchy, scaly patches of skin.



4% of people in the world have psoriasis

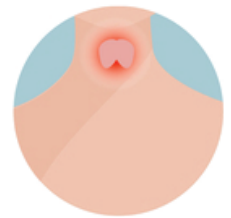
Reasons



Skin Trauma



Infection



Endocrine Disorders



Stress



Medicines



Alcohol Abuse

TREATMENT

Available at
Trillium Creek



Topical Treatments



Oral Treatments



Biologic Medications



Light Phototherapy

Types of Psoriasis



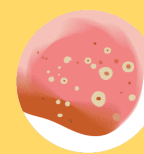
Plaque Psoriasis

Inflamed skin and scaly, silvery plaques with a clear border



Guttate Psoriasis

Teardrop-shaped bumps



Pustular Psoriasis

Pus-filled lesions



Nail Psoriasis

Nail pitting and nail separation



Inverse Psoriasis

Rash appearing in skin folds



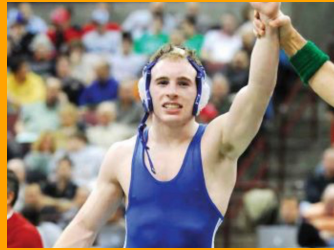
Erythrodermic Psoriasis

Severely inflamed skin shedding in large sheets

Common skin infections for

Wrestlers

When it comes to conditioning, agility, strength and discipline, it doesn't get much better than wrestling. However, this high-contact sport can also pose a lot of potential problems for the skin. I have personally wrestled from a young age and wrestled in college at Ohio University.



Matthew Reedy wins High School State Wrestling Tournament • Columbus, OH



Provider Feature
Matthew Reedy, M.D.

With the wrestling season upon us, there are a number of relatively simple measures you can take during this season to significantly reduce the risk of skin infections.

Skin infections occur when the skin has been compromised in some way and microbes (such as bacteria, viruses, and fungi) make their way in. As you can imagine, a contact sport like wrestling provides plenty of opportunities for breaks in the skin. In a hot and humid environment where microbes can thrive, you have the perfect recipe for a skin infection.

Impetigo/MRSA

Impetigo is a common bacterial infection often

caused by the staph bacteria. It often can be seen on the face and upper body as a yellow crusted lesion. These are commonly treated with oral or topical antibiotics as they are highly contagious.

MRSA is another type of staph infection that is notoriously resistant to several antibiotics. It is highly contagious and dangerous. MRSA produces large painful boils on the skin. Antibiotic pills are often necessary, and IV antibiotics may be required with severe infections.

Ringworm

Ringworm is a fungal infection that presents as a red and scaly rash that forms a circle on the skin,

hence the name. It's very contagious and can occur on any part of the body. Ringworm can be treated with topical antifungal creams or oral antifungal pills.

Viral Infections

Herpes simplex type 1 is a highly contagious viral infection which can be easily transmitted from skin-to-skin contact. It typically appears as fluid-filled blisters on the skin and can enter the body through any break in the skin. Once infected, the herpes virus will become chronic and typically requires an oral antiviral treatment.

While it's true that the infections mentioned earlier are easily transmitted, there are a lot of simple and easy things wrestlers can do to protect themselves:

1. Shower immediately after a workout
2. Wear clean work-out gear every day
3. Remember to wash your knee pad regularly
4. Wipe down your head gear regularly with an antibiotic soap or with small amount of alcohol on a cotton ball.
5. Make sure the wrestling mats are being properly cleaned daily during the wrestling season.
6. If you think you are getting a skin infection, call our office immediately. We have wrestling forms in office and can get you the proper treatment so you can get back on the mat ASAP.



Specializing in you and your children!



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.

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:



Acne



Diaper Rash



Eczema



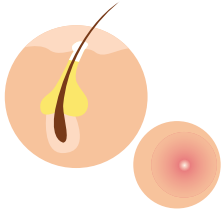
Warts

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

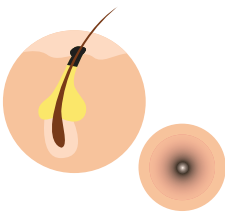
Acne



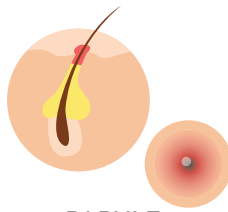
TYPES OF ACNE



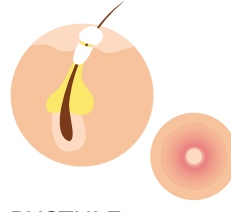
WHITEHEAD



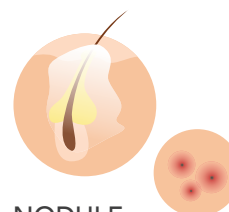
BLACKHEAD



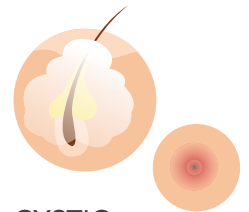
PAPULE



PUSTULE

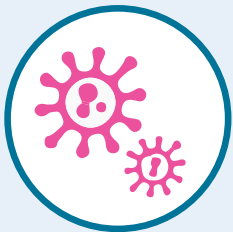


NODULE



CYSTIC

CAUSES



INFECTION



STRESS



DISEASES OF INTERNAL ORGANS



COSMETICS



MEDICINE



HORMONAL

TREATMENT

Retinols



Antibiotics



Benzoyl Peroxide



Face Mask



Skin Care Regimens



Diet



Aesthera



ALA with Blue-U



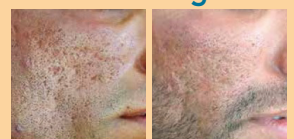
eMatrix



Forever Clear



Microneedling



Aerolase



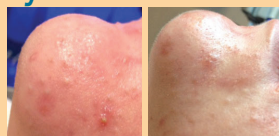
Chemical Peels



Erbium



HydraFacial



NeoGen Plasma





Sarah Michalak, PA-C



Understanding the positives of *Accutane*

You may have heard this treatment option for acne from either a dermatologist, a parent of one of your child's friends, or on the Internet. You have heard positive things about Accutane, and you have heard things that could cause some concern, but when you're informed properly, you can make the best decision about this treatment option for either your child's complexion, or yourself.

Accutane is a high dose of vitamin A that works on the oil glands. Treatment with Accutane is typically a 5-month course and is indicated for patients with moderate to severe acne, large cystic acne, acne that is scarring. Also, indicated for patients with mild or moderate

acne that have tried and failed previous treatments. Accutane can be used by all types of individuals, with the only true contraindication being

pregnancy.

Many people voice concerns about placing themselves or their children on Accutane due to potential side effects of the medication. While it does have side effects, using Accutane is actually safer than using antibiotics long term and over 13 million patients worldwide have been treated with Accutane since the medication was approved in 1982. The main reason Accutane requires monthly appointments during treatment and is so closely monitored by the FDA is because it is considered to be pregnancy category X, meaning babies born to mothers currently using Accutane will have severe birth defects. For this reason, all patients require registration with the iPLEDGE system, females require two forms of birth control when on the drug, and monthly pregnancy tests while on the medication. There is no risk to future pregnancies once the medication is discontinued.

So what can you expect during your course of Accutane

treatment? About one out of five patients see a slight flare in the acne during the first month of treatment due to the oil glands closing and pushing things out. Improvement is typically seen by month 2, with a

more dramatic skin clearance by month 3. Typically, between month 4-5, breakouts have stopped and new lesions rarely develop. The medication is stopped once there has been a complete clearance of the skin.

The most common side effects experienced during the course treatment are dryness: including dry lips, dry nose and nose bleeds, and dry itchy skin – which essentially means the medication is working because oil glands are being dried everywhere. Other less common side effects include irritation of the eye/eyelids, joint or muscle aches, temporary hair thinning, rash, intestinal symptoms, sun sensitivity, and irritability.

It is recommended to moisturize frequently while on the medication. Any products placed on the skin should be gentle and non-fragrant to minimize any further irritation. It is recommended to use plain Vaseline for dry or cracked lips, nasal saline or Vaseline for a dry nose.

To schedule an accutane consultation, call **330.725.0569**



Community Involvement

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



January

Trillium Creek Employees Volunteer in Wooster at Habitat for Humanity

WOOSTER, OH - January 14, 2020

Trillium Creek employees volunteered at Habitat for Humanity. Employees helped in the renovation of a former church in Wooster. Proceeds from the sale of the church building will go towards building home for families in Wayne County.

We even got the chance to tour one of the Habitat For Huminity homes that is currently being built in Wooster.





Food Drive



November, 2020
Trillium Creek employees organized a food drive for the MCPAL food pantry.



Adopt-a-Family

December, 2020

Three families we adopted over Christmas in which employees took a gift tag from our lunch room bulletin board and bought and wrapped gifts for each child.

Sponsorships



Medina Youth Basketball Backpacks
Backpacks for the Medina Youth Basketball Program were sponsored.



35th Annual Medina Candlelight Walk
Event sponsor for the 35th Annual Medina Candlelight Walk



Wadsworth High School Scoreboard
Silver sponsor on the Wadsworth High School football field scoreboard



Wooster Varsity Boys Basketball
Silver sponsor on the Wadsworth High School football field scoreboard



St. Francis Xavier Wine Tasting Fundraiser
Table sponsor at St. Francis Xavier's annual Wines of the World Fundraiser on February 7th, 2020.



Medina High School Gym Wall Pads
Donated new gym wall pads to Medina High School featuring Trillium Creek Dermatology & Surgery Center.



Main Street Wooster Window Wonderland
Sponsored 10 trees at Main Street Wooster's Window Wonderland.

Ways we can partner:

- 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: lcurry@tcOhio.com



Public Relations Manager
Lindsey Curry

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.



“ Jordan is so great. She makes you feel like you are her most important patient of the day every time! She listens and really addresses all your concerns and questions. ”

- Kristi M.



“ I have been treated many times at Trillium Creek and feel that I have had the best care available for psoriasis, rosacea, shingles, and precancerous lesions. Dr. Helen Torok is a very helpful, caring, compassionate physician who has always treated me with respect and dignity. ”

- Beverly M.

“ I used the website to make my appointment. It was easy and efficient. I received a quick reply offering me exactly what I had requested. ”

- Natalie R.



“ I felt the total Mohs experience was conducted with a caring and professional manner. Dr. Killian inspired confidence and trust in his staff and was most attentive to my comfort. I couldn't ask for better care. ”

- Bradley C.

Experience more stories at TrilliumCreekOhio.com