

Do you love your dermatologist? Meet Apex Skin

Skin. We all have it. A lot of it! In fact, it's the largest organ in the human body and caring for it is crucial to overall health and well-being. Many people deal with chronic issues such as

rosacea or psoriasis, many others have acute concerns such as rashes and acne. One in five will have skin cancer during their lifetime. And everyone wants to have beautiful skin! Board-

certified dermatologists like those at Apex are the best resource to deal with these and all skin conditions. In total, our board-certified dermatologists are uniquely qualified to treat 3000 different types of conditions!

But just being qualified isn't enough. Patients also deserve to be truly satisfied with their dermatology experience. Apex's mission is to transform lives through healthy skin. The providers at Apex understand that this transformation requires strong communication and a good relationship with each patient. Dr. Lauren Karpinski of the Apex Skin Medina location says, "Our number one priority is making sure patients are happy with their care."

Apex specializes in three areas of dermatology: medical, surgical and aesthetic. Apex is becoming the region's leader in skin cancer management and treatment due to founder

and Mohs surgeon Dr. Garcia's impressive background and extensive experience in the field of skin cancer. He has cured over 20,000 skin cancers to date and accepts referrals for even the most challenging cases.

Dr. Garcia adds, "We promise to connect with our patients and their families, and because of that they become patients for life. That's what is so important to patients. And Apex delivers on that promise."

For aesthetic dermatology, Medical Aesthetician Dianne Goodbar pairs leading technology with a patient-centric approach, "I am passionate about helping patients improve their appearance and well-being," she says.

Apex Skin has offices in Medina, Hudson, Solon, Mayfield Heights, Parma, Concord, and soon Westlake. To schedule visit apexskin.com or call 833-279-SKIN (7546).

Most kids still aren't screened for developmental delays

The American Academy of Pediatrics recommends that all children be regularly screened for developmental delays during each healthcare visit. This is especially true when they are 9, 18, 24 and/or 30 months old, or more importantly, any time a parent may have a concern about their child's growth.

Even with these guidelines, new research suggests that in some areas of the country fewer than 1 in 5 children are being screened for potential delays. Recent finding published in the JAMA Pediatrics journal, suggest that in the United States less than a third of young children ages 9 to 35 months receive developmental screenings. The study used data from the 2016 National Survey of Children's Health, a government survey of more than 50,000 United States households with children under age 18.

Christina Bethell, of the Johns Hopkins Bloomberg School of Public Health, who worked on the study stated, "We need to

create comprehensive systems to optimize early child development in the first 1,000 days of life, which we know is dramatically important for child and population health. Even in the best states, only about half of children are receiving screening and surveillance. We still have a long way to go."

Routine developmental screenings look at how a child grows and changes over time and if they are meeting developmental milestones in the way they play, learn, speak, behave, and move. Developmental screenings can be done by a doctor or nurse, but also by other professionals in healthcare, community, or school settings. If a child's healthcare provider does not perform a developmental screening, parents, grandparents, and other caregivers are encouraged to ask that it be done. If a child is at higher risk for developmental delays due to preterm birth, low birth weight, environmental risks like lead exposure or other health factors, it is important to have developmental

screening discussions with a healthcare provider.

Research has proven the first few months of a child's life are marked by rapid growth and early brain development that paves the way for school readiness and overall health. Early identification and treatment of developmental delays is important to helping children get the services and supports they need to reach their full potential. The Ohio Early Intervention program, in partnership with the Medina County Board of Developmental Disabilities and Medina County Family First Council, finds resources for families to get children back on track to meeting milestones. For more information call Ohio Early Intervention at 1-800-755-GROW or visit www.ohioearlyintervention.org. Locally you can contact the Medina County Board of Developmental Disabilities at 330-725-7751 ext. 244.

Plantar Fasciitis

Plantar fasciitis is one of the most common causes of foot pain. The plantar fascia is a thick band of tissue that runs across the bottom of your foot that connects your heel bone to your toes. Plantar fasciitis commonly causes stabbing pain that usually occurs with your first step in the morning. It also can occur after extended periods of standing or rising after sitting. Contrary to traditionally held belief that aging and obesity are the primary cause of foot and ankle problems. James Amis, MD states "We are awakening to a new era of understanding mechan-

ics and function of the human foot."

Drs. Patel and DiGiovanni found a direct relationship with equines and plantar fasciitis. Equines is defined as the inability to dorsiflex during walking or running. Dorsiflexion is when we bring the top of our foot to the front of the leg. Patel and DiGiovanni found that limited dorsiflexion was associated with 83% of acute and chronic plantar fasciitis. Another study found that for every 1 degree in decrease dorsiflexion, the risk of developing plantar fasciitis increases 15%. A tight gastrocnemius muscle

is one of the main reasons for the loss of dorsiflexion, even greater than obesity. It is also important to note that tension on the plantar fascia due to limited dorsiflexion places twice the tension on the plantar fascia due to increased body weight.

Centerpointe Chiropractic and Physical Therapy is located at 4085 N. Jefferson St. Lou Rossi, DC and Kyle Milligan, PT specialize in the treatment of muscular-skeletal conditions. They are on most insurance plans and a referral typically isn't needed. Lou and Kyle work with your family doctor or health care specialist. Call 330-723-2225 to make an appointment or check us out at medinacenterpointe.com.

What are hereditary cancer syndromes?

