



The NEW YOU

April 2019
Binghamton Edition

INSIDER TIPS FOR A HAPPY, HEALTHY AND GLAMOROUS LIFE

Natural Good Looks and Healthy Legs: Our Specialty!

From The Desk of Dr. D



It sure feels like Spring is coming but every time you think it's really going to happen, it sputters out. Our **Barbie's 60th Birthday Party** event occurred too late for me to be able to tell you about in this issue but I hope to have a whole page of photos of Barbie wannabe's in the May issue. I'm finally getting serious about **selling my farm in Delaware County**. It has 75 acres with a pond and a stream, 5 bedroom, and 4 bathrooms. I'm busy updating the whole house and the barn and I've already had interest because the farm is only 2.5 hours from the George Washington Bridge. The house holds lots of memories of summers spent there with my kids but they're all grown and living exciting lives of their own now so it's time to sell. Contact me at the office if you know anyone who wants the perfect full-time home or idyllic weekend retreat.

Family: In March I drove from Binghamton to Syracuse to take **Ilsa** to Albany for her spring break then back home to Oneonta... what a long drive! Next time she's taking the train! LOL **Claire** had a large deep wood splinter embedded in her hand from a work injury but the surgeons were finally able to get it out. Thankfully not her dominant hand and she's just fine now and all A's in college!



and saw the **Golden Gate Bridge and Park**. The park is amazing and very informative. My wife, **Laura**, had another successful

Hope and I (and her boyfriend Ben) spent a weekend together in the San Francisco area in March. We went to an outdoor farmer's market (in March!), toured a winery, ate all kinds of different food



Catskill Symphony Cabaret Concert and raised a lot of money for the organization.

Last month I was in **Rancho Mirage, California** for a Vein Seminar. It was an intense few days but I was able to fit in a quick trip to nearby **Palm Springs** where I met legendary artist **Shag** who signed a painting for me! If you're not familiar with Shag's work check out his website: shag.com/shagthestore.



Palm Springs is where all the big movie stars of the 1950s and 1960s had weekend homes. It's famous for long hot days and exciting nightlife but when I was there it rained! The locals were lamenting that they had had so much rain roads were washed out and there was snow on the mountains for the first time in 77 years!



Closer to home, don't miss "**The Great Kooshog Lake Hollis McCauley Fishing Derby**", a Canadian comedy play about one small town, five big-hearted people and a big fish. It is being performed by **The Catskill Community Players at The Wieting Theatre in Worcester** right up Rt 88 (the first weekend in April). This quirky, funny, and heartwarming comedy comes complete with romance, broken hearts, and the hunt for the elusive catfish named Hollis McCauley. More Info at CatskillPlayers.org.

Remember: We are making it even easier to contact us! **You can now TEXT us** at our main phone numbers for the **Oneonta (431-2525) and Binghamton (201-1100)** offices. Just text us your questions and appointment requests/changes at the number listed and we'll get right back to you. If you contact us after 5 pm, we'll text you back the next day! **Give it a try!**

See us at the **Mothers and Babies Fashion Gala on Wed., April 24** starting at **5:30 pm** at the Doubletree by Hilton. You can get tickets at



MothersAndBabies.org and save \$5 by buying in advance.

"I Hate My Neck!"

If this is you, then you must attend my next Dinner Party this month on **Tuesday, April 30th** in my **Binghamton office**. See page 8 for the details.



Tax Refund Special: You work hard and you deserve this refund so treat yourself! **Spend \$250 or more** on any NYSVC service during the Month of April, and **I will take 13% off**. Cannot be combined with any other special, prior purchase, or coupon. **You must prepay for this special pricing service by Saturday, May 4th at 3 pm.**

Dawn Lawyer, Family Nurse Practitioner, is now working at our office at **157 East Main St Norwich**. She has over **10 years experience** and sees primary care patients from babies to grandma (and males too). She is married to a great guy and has 3 boys who attend the Holy Family School. **Her schedule is filling up fast**, so if you want a local female provider who is warm and smart and will take care of you, then call now for your appointment: **607/336-2400**

Quote of the Month:



DARLING, THE LEGS AREN'T SO BEAUTIFUL, I JUST KNOW WHAT TO DO WITH THEM.

Marlene Dietrich

April

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	 1	 2 Broadway in Binghamton Presents: Rock of Ages Maines Arena	 3 Find Us On Facebook	 4 Fred Hersch Trio	 5 WARP TRIO	 6 National Tartan Day
 7 EVERY DAY!	 8 Jazz Jam FIREHOUSE STAGE	 9 Draw a Picture of a Bird Day	 10 National Siblings Day Brady Bunch	 11 Eight Track Tape Day	 12 SOCK OUT CANCER The FORUM Binghamton, NY	 13 Harpur Jazz Ensemble ANDERSON CENTER for the Performing Arts BINGHAMTON UNIVERSITY
 14 National Dolphin Day flipper	 15 Tax Day	 16 Mushroom Day	 17 Bat Appreciation Day	 18 sign up GIVE US YOUR EMAIL ADDRESS TO GET Exclusive Email Offers info@NYSVC.com	 19 GOOD FRIDAY	 20 HAPPY PASSOVER
 21 Easter Sunday	 22 Earth Day	 23 University Wind Symphony: "Sousa and his Band" ANDERSON CENTER for the Performing Arts BINGHAMTON UNIVERSITY	 24 Mothers & Babies Fashion Gala at the Doubletree Hotel See Us There!	 25 Roberson Museum WINE & FOOD FEST Thursday, April 23, 5:30 - 8:30 PM	 26 Arbor Day	 27 Babe Ruth Day
 28 H.M.S. Pinafore	 29 National shrimp scampi day	 30 I Hate My Neck! Learn the secrets to a smooth youthful neck. RSVP NOW!				

Address/links to events: Watters Theatre/Anderson Center: Binghamton University (www.binghamton.edu/anderson-center/) - SUNY Broome: Binghamton, NY (www.sunybroome.edu/) - Magic City Music Hall: Binghamton, NY (www.themagiccitymusicall.com/) - The Forum Theatre: Binghamton, NY (www.broomearenaforum.com/) - Endicott Performing Arts Center (EPAC): Endicott, NY (www.endicottarts.com/) - Goodwill Theatre: Johnson City, NY (www.goodwilltheatre.net/) - DoubleTree Hotel: Binghamton, NY (www.doubletree3.hilton.com/) - KNOW Theatre: Binghamton, NY (www.knowtheatre.org/) - Binghamton Theater Organ Society: Binghamton, NY (www.binghamtontos.org/) - Anthony Brunelli Fine Art: 186 State St. Binghamton, NY (www.anthonnybrunelli.com/) - Chenango River Theater: 991 NY-12, Greene, NY (www.chenangorivertheatre.org/) - Doug's Fish Fry: (www.DougsFishFry.com/) - Tioga Downs Casino Nichols - St. Anthony of Padua Church, 306 Odell Avenue, Endicott, NY - Greek Festival: (www.annunciationvestal.ny.goarch.org/grecian-festival/) - NY Faerie Festival: Ouaquaga NY (www.nyfaeriefest.com/) - NYS State Fairgrounds, Syracuse (www.nysfair.org/event/2016-empire-brewfest/)

NEW YORK SKIN & VEIN CENTER - 75 Pennsylvania Ave., (Next to BGH) Binghamton, NY 13903 - (607) 286-0694
also at 6 Country Club Rd., Oneonta, New York 13820 - (607) 286-0061 and 157 East Main St., Norwich NY - (607) 286-0695
info@NYSVC.com - www.NYSVC.com

Who We Are. What We Do. Where To Find Us.

Natural Good Looks and Healthy Legs: Our Specialty!

Originally known as Oneonta Laser Derm, New York Skin and Vein Center was founded in 2001 by Dr. Dohner, who is the area's only board certified varicose vein specialist (ABVLM). Originally located at 41-45 Dietz St in Oneonta as Oneonta Laser Derm, the practice expanded and changed the name to New York Skin and Vein Center. We now have 5 locations with 3 dermatology PA's and NP's, 5 laser nurses and technicians, with two private surgical facilities for your safety, convenience, and privacy.

**We
Get
Mail!:**



Dear Dr.
Dohner,
Does an apple a day really keep the
doctor away?

- Mary B. Norwich

Dear Mary,
Only if you aim it well!
Dr D



Dr. Eric Dohner, M.D.



Stan Anderson, RPA-C
Physician Assistant
in Dermatology



Michael Weinberg, RPA-C
Physician Assistant
in Dermatology



Anne St. Pierre, NP
Nurse Practitioner
in Dermatology

We Have the Solution for Anything Your Face or Body Needs

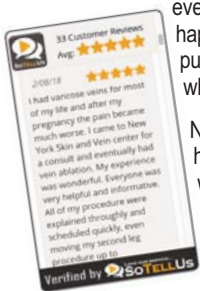
- Tighten Turkey Neck, Batwings & Belly with ThermiTight
- ThermiVA for Bladder Control and Dryness
- Medical Weight Loss
- Acne & Acne Scar Treatments
- Excel V Laser for Rosacea, Facial Veins, Brown Spots
- Wrinkle Relaxers: Botox, Dysport, Xeomin
- Don't Just Fill Wrinkles - Look Younger with Sculptra
- Peels: for Pores, Melasma, Sun Damage, Acne
- Vacation Peel: Give Us a Week - We'll Give You Back a Decade
- Microneedling
- Instilift Weekend Facelift
- Fungal Toenail Laser
- Medical Dermatology: Acne, Rashes, Moles, Warts
- Laser Hair Removal
- Microdermabrasion, Facials
- Smooth Wrinkles, Crow's Feet Smoker's Lines with CO2 Laser
- Radiesse: Restore Cheekbones
- Wrinkle Fillers: Restylane, Juvederm, LYFT
- Restore Your Complexion with ZO
- Rid Your Legs of Spider Veins
- Varicose Veins Treatment: In-Office Awake Surgery
- Exilis Lunchtime Face Lift and Tummy Tuck
- Bellafill - the 5 Year Filler
- Laser Tattoo Removal
- Vanquish Full Body Fat Melting

The New You is a monthly conversation about life as it looks from the helm of New York Skin and Vein Center. I believe in strong relationships; and this newsletter is my way of showing you who we are.

Some of you I see often, some of you come in every three months and few of you only once every few years - so we can go a long time without seeing you. And lot can happen in a year or two! This newsletter is my way of keeping in touch. The purpose of creating an open dialogue between us so that you can get to know who we are as a company.

Nothing makes me happier than when I get mail. I'm interested in what you have to say and enjoy responding to your comments. So send your thoughts, wishes and questions to me, Dr Dohner, at INFO@NYSVC.com and I will be sure to respond right away.

P.S. Every month I try to rise to the mammoth challenge of making a "medical newsletter" a great read. If I've failed in your eyes to do that, you can unsubscribe by sending an email to INFO@NYSVC.com.



Upcoming Events: April:

See us at the Mothers and Babies Fashion Gala on Wed April 24 starting at 5:30 pm at the Doubletree by Hilton. You can get tickets at MothersAndBabies.org and save \$5 by buying in advance.

"I Hate My Neck!"

If this is you, then you **must** attend my next Dinner Party this month on **Tuesday, April 30th in my Binghamton office.** See page 8 for the details.

May: Mommy Makeover (Date TBD)

June: Menopause Madness (Date TBD)



6 Country Club Rd,
Oneonta

75 Pennsylvania Ave.,
Binghamton

**Two
of Our
Locations**



Contact Us: Oneonta: (607) 286-0061 - Norwich: (607) 286-0695 - Walton: (607) 865-5800
Hamilton: (315) 750-1470- Binghamton: (607) 286-0694- Email at: Info@nysvc.com
Facebook: NewYorkSkinandVeinCenter - Visit our website at www.NYSVC.com



Spring Minestrone with Chicken Meatballs

Ingredients:

6 ounces ground or chopped chicken (about 3/4 cup)
1/2 cup fresh breadcrumbs
6 tablespoons finely grated Parmesan, divided, plus more for garnish
4 garlic cloves, 2 minced, 2 thinly sliced
2 tablespoons chopped fresh chives
1 large egg, whisked to blend

Kosher salt, freshly ground pepper
2 tablespoons extra-virgin olive oil
1 leek, white and pale-green parts only, sliced into 1/4-inch rounds
5 cups chicken broth
3/4 cup ditalini or other small pasta
1 cup 1/2-inch rounds peeled carrots
1 cup (packed) baby spinach
Chopped fresh basil

Directions:

- 1 Mix chicken, breadcrumbs, 3 Tbsp. Parmesan, 2 minced garlic cloves, chives, egg, 3/4 tsp. salt, and 1/4 tsp. pepper in a medium bowl. Form into 1/2-inch-diameter meatballs (makes about 26)
2. Heat oil in a small pot over medium heat. Cook meatballs until golden all over, about 3 minutes (they will finish cooking in soup). Transfer to a plate; set aside.
3. Add leek to pot and cook, stirring often, until beginning to soften, about 3 minutes. Add 2 thinly sliced garlic cloves; cook for 1 minute. Add broth and 2 cups water; bring to a boil. Stir in pasta and carrots; simmer until pasta is almost al dente, about 8 minutes. Add meatballs; simmer until pasta is al dente, carrots are tender, and meatballs are cooked through, about 3 minutes. Add spinach and remaining 3 Tbsp. Parmesan; stir until spinach is wilted and Parmesan is melted. Season with salt and pepper.
4. Ladle soup into bowls. Garnish with chopped basil and Parmesan.



Italian wines are having a resurgence so what better to pair with my delicious Spring Minestrone than perfect bottle of Italian white? At \$15 or less, these bottles are both affordable and highly palatable. Even your wine snob friend won't be able to resist a glass (or two).

We taste tested each wine for you and here's how they stacked up.



90 Kellerei Kaltern Caldaro 2011 Pinot Grigio \$15.00

This gorgeous Pinot Grigio has the fresh aromatic fragrances you will associate with cool-climate, mountain winemaking as well as layers of jasmine, tangerine and white almond. The result is a delicate wine with a spicy touch of acidity leading to a clean, bright finish.



87 Banfi 2011 Centine Bianco \$11.00

This Tuscan blend of Sauvignon Blanc, Chardonnay and Pinot Grigio opens with crisp, almost tart, tones of citrus before exploding into exotic fruit and honeydew middle. There's no watery finish here, this wine leaving a very satisfying aftertaste.



87 Illuminati Dino 2011 Costalupo \$12.00

A blend of Trebbiano, Passerina and Chardonnay, this white wine offers aromas of citrus, lemon zest, creamy vanilla and peach. Perfect with soup and a salad or take along on your next picnic.



What's in Season: Even though Winter is over, there is the bumper crop of Spring produce to look forward to this month:

- Apples, Avocado, Bananas, Artichokes, Pineapple, Lemons, Oranges, Grapefruit, Asparagus, Broccoli, Cabbage, Carrots, Celery, Collard Greens, Garlic, Green Peas, Kale, Leeks, Lettuce, Onions, Parsnips, Potatoes, Rutabagas, Spinach, Sweet Potatoes, Swiss Chard



Dr D I Hate My Legs!

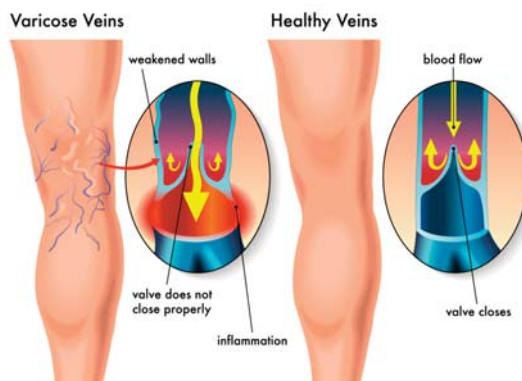
I see so many women with complaints of painful, "crampy, heavy, restless legs, and swelling, or ugly blue or red spider veins" that I quite literally wrote the book on this condition! So if you've been hating your legs recently you have come to the right man.

Ugh! Why Do My Legs Look Like This?

Your veins carry deoxygenated blood from the peripheral tissues back to your heart. Since the blood

pressure in veins is low, the blood is pumped forward by contractions of the heart. To prevent backflow, most veins have valves that only allow blood only to flow in the direction of your heart. When these valves become incompetent, veins become enlarged and bulging (varicose). Smaller veins that feed these varicose veins can also become enlarged and appear as unsightly red or blue spider veins in the skin.

Varicose veins can be even more problematic leading to a chronic swelling condition of the leg called Venous Insufficiency Disease. Venous insufficiency predisposes a person to blood clots and skin ulceration. Even more frequently, damaged veins are manifested as unsightly knotted lumps. The treatment of these types of veins can be desirable both medically and cosmetically



What Can Be Done To Fix My Painful, Unsightly Leg Veins?

Sclerotherapy is considered a very low risk procedure frequently used to treat cosmetic veins. It is a simple in-office procedure that involves injecting the cosmetic/spider veins with an FDA approved medication to seal them shut so they can't carry blood anymore so you don't see them. This is a process that usually take 2 to 4 treatment sessions but we can usually improve the appearance of the spider veins by 80% or more.

At NYSVC we perform thousands of these procedures a year with a very high success rate.

Some patients have reported that the procedure is "mildly uncomfortable" (there is an initial "pinch and a mild burning sensation" at the site of the treatment) but the procedure is well tolerated and you're going to love the results!

After the procedure you should expect some bruising and irritation for a few days. You will be advised

to apply **Dermaka cream** for a few weeks after the treatment to speed up healing and prevent pigmentation issues. Dermaka is a all natural botanical cream that was developed specifically for spider and varicose veins. It also works great for sunburns, bug bites, and those nasty bruises that can occur on your arms when you reach a certain age. You'll start to see the spider veins fade after a few weeks.

Sounds Great But Am I a Candidate For Sclerotherapy?

If you have spider veins you are probably a candidate for sclerotherapy. Healthy people who complain of unsightly small veins (4 mm or less) are also candidates for sclerotherapy. To determine if sclerotherapy is right for you, we perform a simple (noninvasive) painless ultrasound of your legs; this will help identified the underlying issues causing your leg problems as well as allowing me to study your venous drainage pattern.

What Can Be Done To Fix My Painful, Unsightly Leg Veins?

Patients with Venous Insufficiency usually have one or more of the following symptoms in their legs: aching, throbbing, cramping, restlessness, tiredness, heaviness, swelling, itching, pain, tenderness, bleeding leading to ulcers, rashes, scarring and blood clots. Varicose veins and vein problems are a true medical problem and not just cosmetic. All insurance cover the treatment of varicose veins, even if you don't have the big ropey veins on the surface. An ultrasound is performed first to tell us what the exact problem is with your leg veins. After that the treatment plan is devised. The treatment is usually a combination of sealing the feeder vein shut with a laser and removing the surface bulging veins with a high tech crochet hook. This sends the blood in the legs to normal veins so it actually restores the normal venous circulation in your legs. All of these treatments are performed right in the office under local anesthesia. You walk in and walk out without having to be put to sleep. Most people are back to work in just a few days.

How to Get Started in Getting Your Legs Back to Normal?

Call us today for your complimentary leg exam and ultrasound. We can see you in our Binghamton, Oneonta, and Norwich office. If your not ready for an ultrasound, call for our Free Book all About Leg Veins.

Here's what a satisfied patient has to say
I would suggest to anyone who thinks their varicose veins need to be repaired that they go right ahead and have the procedure – absolutely as soon as possible.

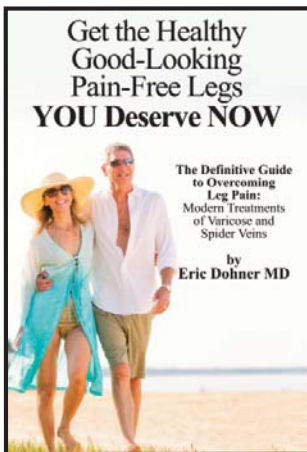
Janet Hurley-Quackenbush,
Oneonta, NY



Did You Know...

Dr D LITERALLY wrote the book on leg vein problems and their solutions? It's true!

Call for your **complimentary** copy by calling (607) 286-0061 or email us at **INFO@NYSVC.com**





A woman brought a very limp duck into a veterinary surgeon. As she laid her pet on the table, the vet pulled out his stethoscope and listened to the bird's chest.

After a moment or two, the vet shook his head and sadly said, "I'm sorry, your duck, Cuddles, has passed away."

The distressed woman wailed, "Are you sure?"

"Yes, I am sure. Your duck is dead," replied the vet..

"How can you be so sure?" she protested.. "I mean you haven't done any testing on him or anything. He might just be in a coma or something."

The vet rolled his eyes, turned around and left the room. He returned a few minutes later with a black Labrador Retriever. As the duck's owner looked on in amazement, the dog stood on his hind legs, put his front paws on the examination table and sniffed the duck from top to bottom. He then looked up at the vet with sad eyes and shook his head.

The vet patted the dog on the head and took it out of the room. A few minutes later he returned with a cat. The cat jumped on the table and also delicately sniffed the bird from head to foot. The cat sat back on its haunches, shook its head, meowed softly and strolled out of the room.

The vet looked at the woman and said, "I'm sorry, but as I said, this is most definitely, 100% certifiably, a dead duck."

The vet turned to his computer terminal, hit a few keys and produced a bill, which he handed to the woman..

The duck's owner, still in shock, took the bill. "\$1,500!" she cried, "\$1,500 just to tell me my duck is dead!"

The vet shrugged, "I'm sorry. If you had just taken my word for it, the bill would have been \$20, but with the Lab Report and the Cat Scan, it's now \$1,500."

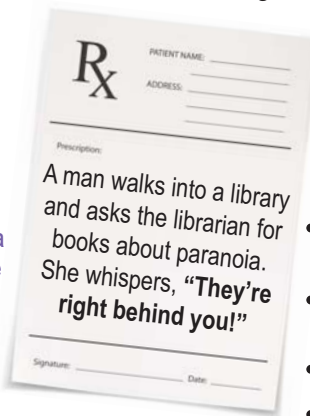


I asked my daughter if she had seen my newspaper. She told me that newspapers are old school and everyone uses a tablet these days then she handed me her iPad. That fly didn't stand a chance!

Laughter is the Best Medicine!

It's a little known fact that I once took a stand up comedy class. It's true! I drove up to Albany once a week for six weeks to learn the art of humor and making people laugh. How did it go? I'm still a doctor! LOL, It was fun but I discovered that 1) It's really hard to be funny on command. 2)

It takes a lot of courage to get on stage and try to entertain. There is a tape recording of my standup routine somewhere in my house - maybe one day I will show it at one of my dinner parties (NOT!).



You've heard how bad doctors handwriting can be but did you know that we are also bad at dictating notes? This collection of one-liners are exactly as typed by medical secretaries (we have only ourselves to blame)

- On the second day the knee was better and on the third day, it disappeared.
- The patient has been depressed since she began seeing me in 1993.
- Discharge status: Alive, but without my permission.
- While in ER, Eva was examined, x-rated and sent home.
- Skin: somewhat pale, but present.
- Patient has two teenage children, but no other abnormalities.
- The patient was in his usual state of good health until his airplane ran out of fuel and crashed.
- Mrs. Evans slipped on the ice and apparently, her legs went in separate directions in early December.
- A patient was seen in consultation by Dr. XXXX, who felt we should sit on the abdomen and I agree.
- The patient refused an autopsy.
- She is numb from her toes down.
- She stated that she had been constipated for most of her life until she got a divorce.
- She has no rigors or shaking chills, but her husband states she was hot in bed last night.

I got a phone call the other day; the man said, "Doctor Dohner my wife has gone into labor!" Is this her first child?" I asked "No, I'm her husband." Came the reply



"It's simple. My nurse blindfolds me, I spin around a few times, and then I try to reattach your tail."

Daddy is reading to little Johnny. Half an hour later Mommy opens the door and whispers "Is he asleep?"

Little Johnny replies, "Yes, finally!"

Vacation/Resort Wear

I realized that spring was just around the corner when I recently came across my staff searching for vacation wear online. Now normally I would insist that they get back to work but let's face it, it's been a L-O-N-G winter! So, instead of blocking their Internet access, I decided to have them look for the Best of the Best vacation fashions for you. Here's what they found (let me know if you like their choices).



The Perfect Dress

Summer means dresses! We love these easy to wear (and pack) sundresses.

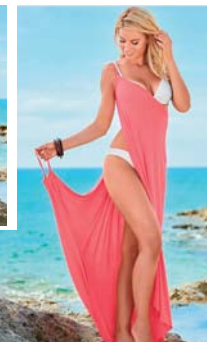
Charter Club Tie-Waist Midi Dress: This flattering and versatile tie waist dress with its classic silhouette will take you from buying flowers at Marché aux Fleurs to people watching over an early dinner on the Champs Elysees (a girl can dream!) For the rest of us, this easy to wear dress is perfect for a day at the office and drinks after work (with just a quick change of shoes) Available in 4 colors (but we love the Pure Pink) in sizes XS to XL at www.macys.com.



Strap Accent Maxi Dress: This beautiful maxi dress features decorative spirals on the shoulder straps, an easy to wear silhouette and a smocked waistline. Easy to pack, this dress is perfect for strolling around town or drinks on the veranda. Best of all it's available in 6 colors and it's only \$59.00 You can find it at www.lascana.com.

Wrapping Up A Day At The Beach

When the sun goes down (or you've just had enough sand and sea) pull on one of these beautiful cover-ups.



This practical and pretty **Wrap Maxi Dress** (\$29) from www.venus.com is perfect for covering up when the sun goes down. We love it in watermelon (as shown) but it's equally lovely in turquoise. And it's easy to wear too! Simply wrap around your body and secure with shoulder straps (see left.)

Essential Hats

Wearing a hat during the summer months not only controls your hair but also protects your skin from damaging rays. If you buy nothing else for your summer trips this year please remember that a good hat is a **MUST!**



Beach Bolero Hat from www.amusesociety.com (\$69.50) This fun straw hat will keep the sun off your face and still get you noticed with its stiff brim straw wrap trim. One size. Available in Natural

Stunning Swimwear

What is summer without a day at the beach? Yes we know that sometimes swimsuit purchasing can be "difficult" but we found these great suit options to disguise those "trouble zones". See you at the pool!

Rock Solid Revele One-Piece Swimsuit by MIRACLESUIT

According to the company, you'll "Look 10 pounds lighter in 10 seconds!" And they're right! We really love this flattering Delphon Blue one-piece swimsuit because it truly slims and supports in all the right places - without adding bulk. Although it might not be the cheapest swimsuit you have ever bought (\$170.00) it might just be the last one you will ever need! www.nordstrom.com



Although the plan is to lose our tummies by summer this "just in case" **Slimming Draped One Piece Swimsuit** (\$89) from Venus.com will be perfect for hiding that "pooch" we all put on this past winter. It's available in 11 sizes and almost as many colors!

Add a Pair of These Stylish Sunglasses

Ok, we all know that finding THE PERFECT pair of sunglasses is an ongoing struggle but check out these from www.warbyparker.com. Designed in house (so not everyone is sporting them) Warby Parker offers a quiz to help you find the right style for your face and has a 5 day 5 pairs try free at home and buy only what you like (return the rest for free with their mail back package) Ok, \$95+ might be a lot for a pair of sunglasses but check the site out anyway (they also offer regular glasses also starting at less than \$100).



Haskell Sunglasses
(\$95) Paloma
crystal with Brown
Gradient Lenses



Liza Sunglasses
(\$95)
Currant Crystal



Sylvie Sunglasses
(\$95)
Onyx Tortoise
with Riesling

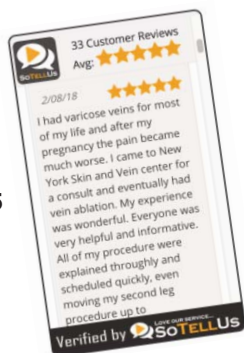


New York Skin
& Vein Center
75 Pennsylvania Ave
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What's Inside This Issue?

- Welcome To Our 4th Annual April Fool's Issue!
- Need a Laugh? Turn To Page 6 For Jokes, One-Liners and Dr D's Very Entertaining Disclosure!
- What's Happening Around Town? Find Out On Page 2
- Dr D's Been Busy! Discover What He's Been Up To On Page 1
- "What's For Dinner?" Try Dr D's Delicious Spring Soup Recipe On Page 4
- Check Out Our Vacation Fashion Guide on Page 7

If You or Anyone You Know Would Like a Copy of This Newsletter, Please Call Us at **607-286-0061** or email us at **Info@NYSVC.com** with your name, address and email.
We'll Get One in the Mail ASAP!

"I Hate My Neck!"



**Tuesday,
April 30th**
At Our Binghamton
Office Located At
75 Pennsylvania Ave.
From 6pm - 8pm

If this is you, then you **must** attend my next **Dinner Party this month**. Join me and my staff for a **3-course dinner** and wine and learn all about the non-surgical, no downtime, no pain options for cheek jowls, neck sagging, double chin, crepey skin, wrinkled décolletage, brown and red spots, and prominent muscle bands. You'll hear about the latest ThermiTight and InstaLift Threads as well as Sculptra, Exilis, and the Enlighten Laser.

And that's not all! We'll have goodie bags, ZO samples, and special pricing for everyone who attends and you will be entered for the chance to win one of my fabulous prizes too!

As Always This **WOMEN ONLY** Event Is **FREE**, But I Do Ask That You Bring Donations of Unopened Household Cleaning Products To Benefit The Women of **RISE**
(a Local Women's Refuge)

You Can Turn Back Time - And I Will Show You How - But You MUST Sign Up NOW!

RSVP by calling our special registration line
at (607) 353-1800, texting us at (607) 201-1100
or by emailing **Info@NYSVC.com**

with your name, cell phone and names of any guests
(Seating For My Dinner Workshops is Strictly Limited To 45)