



The NEW YOU

January 2018

INSIDER TIPS FOR A HEALTHY, WEALTHY AND HAPPY LIFE

The shortest day of the year was on Thursday, December 21. I'm so glad we're past that mark. In the spirit of change and improvement, I have made some big changes to the newsletter for 2018. Hope you like them!

From The Desk of Dr. D



Kids: Hope graduated from her masters program at Carnegie Mellon in December and is taking a few months off in the northern peninsula of Michigan to decompress before she starts working in the corporate world.

Claire is back from her road trip to Florida, has cleared out of her New Paltz apartment and is thinking of traveling for a look see at Colorado colleges. I'll be having Christmas with the kids after the fact since Laura and I are flying to see her two grandkids (**Cailyn and Jocelyn**) in Cincinnati over Christmas. We'll be staying at the Westin hotel



in the downtown area overlooking the square where an ice skating rink is set up every winter. Speaking of kids - does anyone else put their kids' presents in piles

to be sure that the number of gifts are even? I started doing that years ago and then just put them in big gift bags to hand off to each kid. Makes my life so much easier AND it prevents me from forgetting someone - I do have 7 children you know! LOL

Local Businesses: Well I just learned that there is such a thing as T-shirt quilts (my staff tells me I am a bit behind the times on this one) and one of the best in the area is **Kathy's Quilting** (she specializes in only this!) Send her a bag of old

beloved T-shirts and she makes the perfect keepsake out of them. Kathy can be reached at hendershotkathy80@yahoo.com. **Patti Schwartz** just finished her second picture book of Binghamton and is the keeper of **Pattilovesbing.com** which is also on FB. Patty has been photographing her beloved Binghamton for years now and her work is outstanding.



I was in the Artisans Guild in Oneonta recently where I found the most adorable wooden toys for the grandkids. The guild has a website if you don't have time to visit in person: Theartisansguildoneonta.com.



While I was there I also bought some lovely prints and an original of Gayle Bunting's egg tempera paintings as presents for my family. (Gail also has her own website: Gailbunting.com.) Her birds are breathtaking! Speaking of artists, turn to page 6 to read all about my **Patient of the Month Emily Jablon** who creates the most beautiful glass and mirror mosaics.

Staff and Friends: Remember that my nurse Christine was off to Abu Dhabi to visit her boyfriend's sister who lives and teaches there? Well she got engaged and received a gorgeous ring while there too! We wish Christine and Matt Oliver much happiness in their future together. It couldn't have happened to a nicer couple. Congratulations!

Our company wide **Christmas party** was held at the Carriage House in Oneonta this year with great food and a gorgeous venue (Carriagehouseoneonta.com). **DJ Tito** who spun the records (and also did karaoke) was a



blast! Email Karen if you need his info at INFO@NYSVC.com.

Facebook is a complete and utter mystery to me -one big reason why I'm

not on it at all. Thankfully there are people who are very good at it like Lucille who runs our page at **NewYorkSkinandVein**. You'll find up-to-the minute updates for Oneonta and Binghamton offices.

Key West - many of you know that KW is my favorite vacation place in the winter. (It's unbearable hot in the summer though) Why do I like it so much instead of the rest of Florida? It's very much "old" Florida - no high rises, you can walk everywhere, there is a lot of culture with theater, music, books, art and events. There are very few chain stores or franchises and it is a community on this little 2 mile by 4 mile island.

I had a inspiring day with my **mentor**, Dan Kennedy, in Cleveland last month. We visited his harness racing horses at Northfield Park which is the nation's only year round track for harness racing. The best part of the day was a round table discussion of life, business and family.



We ended with a great dinner at the steakhouse also at Northfield Park. While I was at the steakhouse I met a pharmacist and his wife from the Scranton area of all places. On the way back I stopped in Pittsburgh for brunch with daughter Hope and gave her the best advice I could: *"Get snow tires and fully fund your 401 K plan from the very start of your job."* (that's good advice for anyone).

The Season For Giving

I'd like to encourage everyone again to go to <https://www.youcaring.com/annyawalker-1017057> and donate to the fund for the daughter of a good friend of ours at NYSVC. Vivian Walker's daughter had a brain bleed and cerebral aneurysm and is going to need quite a bit of help with medical bills. Vivian has taken off a month from her job to help Annya. Let's start the year off right and help Vivian cover some of these crippling medical bills.

January

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Only \$49! or FREE with purchase of \$199 or more of ZO Skin Care!</p>	<p>New Year's Day ¹</p> 	<p>²</p>  <p>Find Us On Facebook</p>	<p>Fruitcake Toss Day ³</p> 	<p>Trivia Day ⁴</p> 	<p>National Bird Day ⁵</p> 	<p>Feast of the Epiphany ⁶</p> 
<p>⁷</p>  <p>GIVE US YOUR EMAIL ADDRESS TO GET Exclusive Email Offers info@NYSVC.com</p>	<p>Bubble Bath Day ⁸</p> 	<p>Play God Day ⁹</p> 	<p>Houseplant Appreciation Day ¹⁰</p> 	<p>Step in a Puddle and Splash Your Friend's Day ¹¹</p> 	<p>National Pharmacist Day ¹²</p> 	<p>¹³</p>  <p>EVERY DAY!</p>
<p>Dress Up Your Pet Day ¹⁴</p> 	<p>Martin Luther King Day ¹⁵</p> 	<p>Appreciate a Dragon Day ¹⁶</p> 	<p>Ditch New Years Resolutions Day ¹⁷</p> 	<p>Winnie The Pooh Day ¹⁸</p> 	<p>National Popcorn Day ¹⁹</p> 	<p>Penguin Awareness Day ²⁰</p> 
<p>Squirrel Appreciation Day ²¹</p> 	<p>National Blonde Brownie Day ²²</p> 	<p>²³</p> <p>Get a Leg Up on the New Year! Dinner Workshop Oneonta office on Tuesday Jan 23 6 to 8pm</p>	<p>Beer Can Appreciation Day ²⁴</p> 	<p>Opposite Day ²⁵</p> 	<p>Spouse's Day ²⁶</p> 	<p>Chocolate Cake Day ²⁷</p> 
<p>National Kazoo Day ²⁸</p> 	<p>National Cornchip Day ²⁹</p> 	<p>National Answering Message Day ³⁰</p> 	<p>Backward Day ³¹</p> 	<p>Get a Leg Up on the New Year! How to get the Body, Arms and (of course) the Legs You've Always Wanted. Without Surgery, Pain, or Missing Work</p> <p>We'll talk about all of your options south of the neck, including muffin top, batwings, bra fat, love handles, saddlebags, spider veins, aging hands, and more. The events will be held at the Oneonta office on Tuesday Jan 23rd and Binghamton office on Thursday Jan 25th. Both will go from 6 to 8pm with a full three course dinner and wine. Registration is required by calling our 24/7 Hotline at 607/353-1800 or you can email us at INFO@NYSVC.com with your name, cell number and any guests. Oneonta is limited to 20 and Binghamton is restricted to 25 due to seating.</p>		

Address/links to events: bside ballroom: Clinton Plaza, Oneonta (www.bsideballroom.com) - Turning Stone: Verona, NY (www.turningstone.com) - Foothills Performing Arts Center: Oneonta, NY (www.foothillspac.org) - Proctors: Schenectady, NY (www.proctors.org) - Otesaga Hotel: Cooperstown, NY (www.otesaga.com) - Anderson Center: Binghamton University (www.binghamton.edu/anderson-center/) - SUNY Broome Ice Center: Binghamton, NY (www.sunybroome.edu/web/campus-life/ice-center) - CANO Gallery: at the Wilber Mansion, Oneonta (www.canoneonta.org) - Hunt Union Ballroom - SUNY Oneonta: Oneonta, NY (www.oneonta.edu) - West Kortright Centre: East Meredith, NY (www.westkc.org) - Magic City Music Hall: Binghamton, NY (www.themagiccitymusicall.com) - The Forum Theatre: Binghamton, NY (www.broomearenaforum.com) - Oneonta Theatre: 47 Chestnut St, Oneonta, NY (oneontatheatre.com) - Brewery Ommegang: 656 Co Hwy 33, Cooperstown, NY (www.ommegang.com) - NY Faerie Festival: Ouaquaga NY (www.nyfaeriefest.com) - The Blarney Stone Pub Norwich, NY - Oneonta Outlaws Baseball (www.OneontaOutLaws.com) - www.stagecoachrun.com

NEW YORK SKIN & VEIN CENTER: 6 Country Club Rd., Oneonta, New York 13820 - (607) 286-0061 also at 157 East Main St, Norwich, NY - (607) 286-0695, 6 Franklin Rd, Walton, NY - (607) 865-5800, 150 Broad St, Hamilton, NY - (315) 750-1470 and 75 Pennsylvania Ave., (Next to BGH) Binghamton, NY 13903 - (607) 286-0694
info@nysvc.com - www.nysvc.com

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- Wrinkle Fillers: Restylane, Juvéderm, 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

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: [NewYorkSkinandVein](https://www.facebook.com/NewYorkSkinandVein)
 Visit our website at www.NYSVC.com



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

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

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.

Upcoming Events You Won't Want To Miss!

This Month: Get a Leg Up on 2018 Dinner Party:
 Tues Jan 23 in Oneonta and
 Thurs Jan 25 in Binghamton

Next Month: Luscious Lips Dinner Party
 Tues Feb 27 in Oneonta and
 Thur Feb 22 in Binghamton

Comedy Show at Binghamton Office
 Sat Feb 17 to Benefit ...

Binghamton Bridal Show (Holiday Inn)
 Sun Feb 25

March: Let's Start with Skin Dinner Party
 Tues Mar 27 in Oneonta and
 Thur Mar 22 in Binghamton

April: Rosacea month
 New You Seminar in Norwich

May: Mommy Makeover Dinner Party
 TBD

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.

Dr D

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.



6 Country Club Road, Oneonta



75 Pennsylvania Ave., Binghamton

In truth, there is no bad comfort food. If it gives you comfort, it's good right? But this year I was determined to avoid the carb loaded "usual suspects" and focus instead on healthy eating but there lay the dilemma - it was cold outside and my belly was empty, Having checked the refrigerator (twice) and cupboards for inspiration I came across a recipe a friend had given me several years ago. It had meat, it had vegetables - it satisfied the caveman inside me! Don't be put off by the addition of a banana, it works!



Caveman Casserole

(serves 4)

Directions: Preheat oven to 400°F

In a deep skillet, heat 2 tbsp of coconut oil over high heat. Add ground turkey and break up with a wooden spoon. Season with salt, pepper, and poultry seasoning.

Put sweet potatoes in a pot and cover with water. Put a lid on the pot, bring to a boil, and cook until done, about 12 minutes.

Continue stirring ground turkey, and add the onions and carrots; cook for another 5 minutes and remove from heat.

Ingredients:

2 lb ground turkey
2 tbsp coconut oil
Salt and pepper, to taste
2 tsp poultry seasoning
2½ lb sweet potatoes, peeled and cubed
1 onion, diced
2 carrots, peeled and grated
4 tbsp butter
2 tbsp cornstarch
2 cups chicken broth
10 oz frozen peas
1 banana

In a small saucepan over medium heat make gravy by melting 2 tbsp of butter. Whisk in cornstarch until smooth consistency and then add chicken broth. Season with salt and pepper and let thicken for a few minutes.

Drain all the excess oil from the turkey. Stir gravy into the ground turkey mixture over medium heat. Stir in frozen peas and turn the heat off. Drain the potatoes into a colander; set aside.

Melt the remaining 2 tablespoons of butter. Peel and slice the banana and throw it in the melted ghee, then add sweet potatoes and mash it. Spread turkey mixture into the bottom of a 9 x 13 inch (23 x 33 cm) casserole dish. Spread mashed sweet potatoes evenly over the top. Bake in the oven for 10 minutes. Remove and serve.

And if you give a caveman a casserole he is going to want a cocktail...

I have recently been enjoying this delicious tequila concoction; which is almost a Cosmopolitan but dare I say better

Dr D's Passion Cocktail (serves 1)

Pour the tequila, cranberry juice, and lime juice into a cocktail shaker with ice cubes. Shake well. Strain into a chilled martini glass. Splash with Grand Marnier.

Garnish with a twist of lime and enjoy!



Ingredients

2 ounces tequila
3 ounces cranberry juice
1 ounce lime juice
2 ounces Grand Marnier orange liqueur
Lime slice for garnish

And The Award For Best Tequila Goes To...

Forget that harsh tequila you drank years ago on Spring Break; today's tequila is all grown up and highly palatable. Like Scotch there are essentially two styles of tequila:



Highland - from agaves grown in the volcanic uplands in the part of Mexico tends to be brighter, more acidic, with notes of olive brine and green pepper. An excellent choice in this category is **Avion Silver**: Smooth and spicy (around \$30)



Lowland - from the plateau around Guadalajara, is generally fruitier, with a whiff of tropical "funk". My personal favorite is **Herradura: Citrusy**, with lemon, honey, and vanilla (\$37)



And then there is **Gran Centenario**: where Highland spice meets Lowland funk (\$30)

Dr's Note: When buying tequila, look for "100% agave" on the label and you can't go wrong. Cheers!



Dr D, I Hate My Legs!

I see so many women with complaints of painful, crampy, heavy, swollen, restless, rashy legs, and/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 blood from the legs back to your heart. Because of aging, genetics, having babies, standing at your work, or just plain bad luck, the vein walls weaken and swell. This prevents the valves in the veins from closing properly to prevent back flow.

So instead of the blood being pumped back to the heart to recirculate it, the blood sits in the legs, causing high pressure that leads to the symptoms as above and to swelling, rashes, ulcers and clots too. Sometime the veins bulge out (varicose) and smaller veins that are fed from the varicose veins can also become enlarged and appear as ugly red or blue spider veins in the skin.

However many people with the worst vein problems only have a problem under the skin WITHOUT the bulging veins. can be desirable both medically and cosmetically.

What Can Be Done To Fix My Painful Varicose Veins?

Vein problems are divided into medical or cosmetic. **Medical veins** are the ones causing the symptoms of pain, aching, throbbing, cramping, heaviness or restlessness and/or the rashes, swelling, ulcers or clots. Medical vein treatments are covered by **ALL** health insurances because they are a true medical problem. **Cosmetic veins** are the ugly spider veins that can be blue or red and can occur anywhere on the ankles, legs, knees or thighs. Generally cosmetic veins do not cause any symptoms and are **NEVER** covered by health insurance.

How to Fix Medical Veins: Unfortunately abnormal veins cannot be fixed but they can be sealed shut or removed which stops the problem they were causing. This is by a 3 step process of 1) using a painless laser to weld the bigger deeper veins shut that feed into the bulging veins, 2) removing the bigger bulging veins through tiny pokes in the skin without cutting, stitches, or staples, and 3) injecting any remaining veins to seal them shut if they can't be layered or removed. This is done right in the office using local anesthesia (like a dentist uses) so you walk out right after the procedure is finished. You'll be back to work and play in just a few days. I have performed thousands of these procedures in the office for over ten years with a very high success rate.

How to Fix Spider Veins: Sclerotherapy is still the best way to take care of spider/cosmetic veins and is a very low risk procedure with no downtime. Sclerotherapy means I inject the spider veins with an

FDA approved medication to irritate the lining of the vein which then seals it shut so it can't carry blood and you don't see it anymore. This is a process that usually takes 2 to 4 sessions to take care of the veins completely. You can usually expect an 80% improvement in the overall look of the spider veins. No one including myself can make your legs look 18 again but we can usually make them look much better.

How does it feel: Some patients say that sclerotherapy feels like a small pinch and burn but since the medications we use were first developed as anesthetics, they are well tolerated and you're going to love the results! After the procedure you should expect some bruising for a few days. Sometimes we want you to wear compression stockings for a week after the treatment. A follow-up visit will be scheduled for you within two weeks.

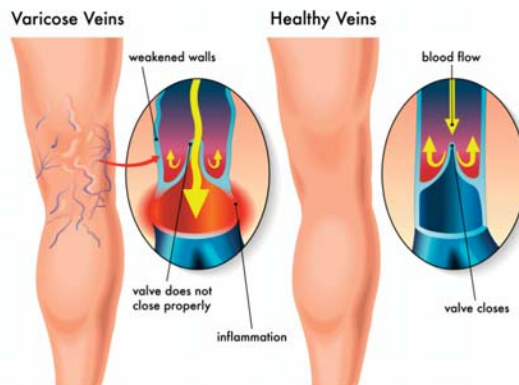
Sounds Great, But How Do I Get Started?

If you have varicose or spider veins you are definitely a candidate for treatment. We usually start with a complimentary leg ultrasound to be sure that you do have a vein problem. It also helps identify the underlying issues causing your leg problems. After that we'll have a consultation to discuss which treatment is right for you! This is **NOT** a one size fits all problem.

Want more in depth information about leg pain or varicose and spider veins? Attend my January Dinner Workshop "Get a Leg Up on the New Year! How to get the Body, Arms and (of course) the Legs You've Always Wanted. Without Surgery, Pain, or Missing Work." Tuesday 23rd January in our Oneonta Office or Thursday 25th at our Binghamton Office. The workshop starts at 6pm and lasts for two hours. A delicious three course dinner (and wine) will be served and I will be available to answer any of your questions and concerned about your leg pain. Also, the first 15 people to sign up for this informative dinner will get a **FREE** copy of my book.

P.S. During the workshop we will also be talking about ways to finally lose weight and keep it off for life (Hint: it doesn't involve silly, hard to follow or expensive meal plans) so feel free to bring that friend who struggles to control her weight (you can tell her you're coming to find out more about your legs...)

Register NOW by calling our 24/7 Hotline at **607/353-1800** or email us at **INFO@NYSVC.com** with your name, cell number and any guests. These dinner workshops are very popular so don't delay! **Oneonta is limited to 20 guests** and **Binghamton to 25** (due to seating). Sorry gents - this event is for women only!



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**

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





Spotlight On...

Emily Jablon: Tile Artist and Community Activist

My patient of the month, Emily Jablon, is a Vestal NY native (*daughter of Alan Jablon co-owner of the famous Philly Sales Department Stores*). Emily, a self taught artist, is famed for the bold mosaics she has created in and around Binghamton - occasionally with the help of local high schoolers.

Emily explains, "but I enjoy the challenge of working with kids who would otherwise be drawn to join gangs. On my last big community project I worked with four young men. At first it was difficult, they were talking "Bloods and Crips" So I told them, "We can't have this! We aren't bloods, we aren't crips - we are the Mosaic Mafia!" After that we really began to work as a team. It was really rewarding. I was seeing these kids begin to care about their surroundings. We were making a difference.



As we walk around her studio Emily shows me the glass and plates she has collected intending to "repurpose" into stylist wall art and garden ornaments. She explains that although some of the glass that she uses comes from items people bring to her, most of her work is comprised of miniature tiles she sources from her mother (nationally renowned backsplash designer Susan Jablon (susanjablon.com) though she has plans to visit Morocco in April in search of traditional North African mosaic tile to add to her stockpile.

Emily's enthusiasm for her work and her zest for life are obvious as she flits around her (Alice Street Binghamton) warehouse studio. She points out various pieces she is working on lifting up each piece to catch what is left of the wintery sunlight, lost in her own world for a moment. then suddenly she remembers I am here.

"Dr D, I love my BOTOX! I'm addicted!" She laughs, "Sometimes I feel angry and then I realize that my face doesn't look angry and I just laugh. It makes me feel so much better to not have deep facial lines anymore".

Emily also shares her skin woes, "I never had acne until I turned 30 and then my skin broke out. I didn't treat it as I should have done and the result was scarring. Now I am seeing one of the laser nurses for Pico Genesis and my skin is already much better. I have only had one treatment so I need more but it looks great already."

She looks down and becomes aware of her hands (which are covered in black paint and rough from glass cuts) "Don't look at my hands!" She laughs nervously and puts them behind her back.

"Not all the children I work with are "at risk youth"

"I can help make them look much better I inform her".

"I need to make an appointment for that". She replies, "I take better care of my face than my hands. My hands are always a mess - it's the paint and the glass... But my face is looking better don't you think?"

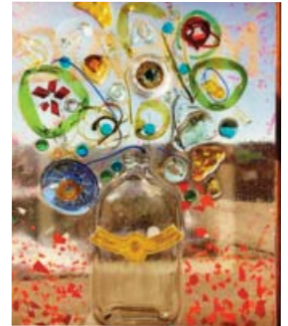
Emily uses ZO products but admits that she could be more vigilant about her daily skin routine.

"I don't always use the products as often as I should. I get busy and then I don't take care of myself but I know that when I use the products regularly I see a big difference in my skin. I really like the Brightenex. If I am consistent for a week I see a lot of improvement.

In the background a young boy is working on a project for himself. It's his birthday and he is visiting the workshop with his father, Charlie Ackerman, a local businessman for whom Emily famously created the 5 foot mirrored unicorn installation in the former Tranquil Restaurant location. The child is obviously enjoying himself and interacting with another workshop participant, a woman in her 50's, who appears to be equally enthralled in her own project.

"Many of my clients are in mid-life," Emily explains. "I hold regular classes here and we also offer a "Ladies Night Out" workshop. Women are encouraged to bring wine and food and make a night of it. Those events are very popular".

Classes at Jablon Studios start at \$30 and are extremely popular. Emily tells me that her "Ladies Night Out" groups book weeks in advance so, if you want to attend, call right away **(607) 748-2302** and tell her "Dr D sent me!"



Want to see more of Emily's work? **Go to Jablonstudios.com** for more information on her events, current projects and upcoming installations.



Reinvent Your Waistline

If you are a regular reader of The New You you are probably aware that I lost 20 lbs last year due to a combination of my tennis playing and my easy to follow New You Lifestyle Diet. I was in pretty good shape as November approached (other than a shoulder strain that put me off my game for awhile) but then Thanksgiving came and all my best intentions disappeared. What is a man to do when faced with Mom's Shoofly Pie? Perhaps I could have maintained my smaller waistline but oh, those Christmas cookies! And then of course there were all the parties...

By New Years Day I had to face the fact that I had put on 10 lbs (and it was so easy!) I'm hearing similar grumblings from my staff too. Something woeful happens after 40 often caused by hormonal fluctuations, a more sedentary lifestyle, life stresses or (dare we admit it) a little overindulgence. Whatever the individual reason, putting on weight is easier than it used to be. But just because you gained a few pounds doesn't mean you have to keep them! Increased weight does not have to be "just a part of getting older". I'm shedding the "extra padding" and you can too!

I have never been a fan of starvation dieting. Any eating regimen that requires I exist on steamed greens and water is never going to last more than a few days because let's face it, no one wants to feel hungry or deprived. So over the years (because I love to eat) I have developed an effective, medically sound diet plan that really works.

My "New You Diet" is easy to follow and (if you avoid overindulging in Shoofly pie) you will lose and keep off the weight). And it doesn't require any expensive, impossible to find ingredients, frozen or powdered "meals" meetings or humiliating weekly public weigh-ins (yikes!).

Nope, the "New You" requires that you eat food you actually like (and most of it you probably already have in your fridge) at regular intervals - like a normal person! You could even dine out every night of the year and still be able to follow this lifestyle eating plan - it's that simple and almost every place you already eat can adapt their menu (easily) for you!



So what does a typical day look like when you're eating my healthy, science based diet?

Breakfast: Chia Pudding (*sweet, filling, gluten and guilt free*)

Lunch: Avocado Tuna Salad
(*I love a big salad for lunch, it sets me up for the day*)

Snack: Kale Chips
(*crunchy and salty - just the way a snack should be*)

Dinner: Caveman Casserole (*see page 4 for recipe*)

For more information about my medically proven, safe and effective diet program (with recipes for meals you actually want to eat) email Denise at INFO@NYSVC.com.

Of course, in combination with a healthy diet program you are going to want to stay as active as you can. I recommend finding a sport that you love and practice it often. For me that has been tennis but for you it could mean yoga, hiking, pilates, dancing - even ping pong! What you do isn't relevant, what matters is that you MOVE. Exercise keeps your muscles toned (which makes your butt look great in anything), gets you out of the house/office, reduces stress and can even help you meet new friends (which is always fun)

But what if you have been following a healthy diet and working out but still can't lose those excess inches? Sign up now for my fabulous January Dinner Workshop:

Get a Leg Up on the New Year!

How to get the Body, Arms and (of course) the Legs You've Always Wanted.

Without Surgery, Pain, or Missing Work.

To find out how Vanquish can help you lose those love handles, bat wings, back fat, and thunder thighs - Call now to save a seat for yourself (and friends) for either January workshops. **Tuesday 23rd** in our **Oneonta** office (607) 286-0061, or **Thursday 25th** in our **Binghamton** office (607) 286-0694. Workshops begin at 6pm and end at 8pm.

Register NOW by calling our 24/7 Hotline at 607/353-1800 or email us at INFO@NYSVC.com with your name, cell number and any guests. **Oneonta is limited to 20 guests** and **Binghamton to 25** (due to seating).

And as always a three course dinner and wine will be served. But sign up **NOW** because these events always fill up **FAST!**

Christmas Cocktail Parties



Thank you all for attending my Second Annual Christmas Cocktail Parties last month. Even though the weather turned cold right before the events we had an amazing turnout and, as always, guests were extremely generous with their gifts for our featured charities: RISE (a Broome County organization that helps women and children escape from domestic abuse) and Otsego Family Services. Our Christmas. We had a great time!





New York Skin & Vein Center
6 Country Club Rd
Oneonta NY 13820
(607) 286-0061

Also at:

157 East Main St
Norwich NY 13815
(607) 286-0695

6 Franklin Rd
Walton NY 13856
(607) 865-5800

150 Broad St
Hamilton, NY 13346
(315) 750-1470

75 Pennsylvania Ave
(Next to BGH)
Binghamton NY 13903
(607) 286-0694

Happy New Year!

We've Made Big Changes To The Newsletter! Look Inside:

- Hate Your Legs? You're Not Alone. We Have Solutions That Work! See Page 6
- Turn to Page 4 For Dr D's "Not The Same Old" Comfort Food Recipes
- My Interview with "Patient of the Month" Emily Jablon See Page 5
- What's Happening Around Town? Find Out On Page 2
- Need To Lose A Few Pounds? Check Out Ways To Whittle Your Waistline 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!

GET A LEG UP ON THE NEW YEAR!

How to get the Body, Arms and (of course) the Legs You've Always Wanted.

Without Surgery, Pain, or Missing Work.

Dr D will be dishing the 911 on all of your options for finally getting rid of that unwanted fat (including muffin top, batwings, bra fat, love handles and saddlebags), as well as telling you how to eradicate those ugly spider veins, reverse the signs of aging hands, and a whole lot more!

This event is so important that we are offering you the choice of two locations: our **Oneonta office** on **Tuesday Jan 23** or our **Binghamton office** on **Thursday, Jan 25th**. Both parties will last two hours (from 6 to 8pm) and as always you can expect a delicious **three course dinner with wine**.

Make 2018 your most beautiful year EVER!

Register NOW by calling our 24/7 Hotline at **607/353-1800** or email us at INFO@NYSVC.com with your name, cell number and any guests. These dinner workshops are very popular so don't delay! **Oneonta is limited to 20 guests** and **Binghamton to 25** (due to seating). Sorry gents - this event is for women only!



**Dr D's
Dinner Party
Workshops
Resume
This Month**