



The NEW YOU

November 2019

INSIDER TIPS FOR A HAPPY, HEALTHY AND GLAMOROUS LIFE

Natural Good Looks and Healthy Legs: **Our Specialty!**

From The Desk of Dr. D



Did you know that research has shown that **giving thanks and expressing gratitude can lift your spirits**, make you happier and improve your relationships? It's true, feeling thankful for what you have received and acknowledging the goodness in your life helps us focus on what we have, instead of what we lack. And there are health **benefits to gratitude** as well including: lower blood pressure, improved immune function and better sleep. Studies also show that people who are more grateful have better heart health and healthier heart rhythms.

So how can you cultivate gratitude without it feeling contrived (remember how uncomfortable you felt when Grandma made you hold hands around the table to say what you are thankful for)? Here are some easier ways to increase your sense of gratitude and wellbeing: **Say "thank you"** more often. Write **thank-you notes**. Keep a gratitude journal. Spend **quality time with friends and family**. Count your blessings by **identifying 3 things** each week that you are thankful for and try to spend time **meditating on the positive** things in your life. All of these will help carry you through to the New Year with a better outlook and calmer, less anxious attitude.

Family Stuff: Kids are good including **Ilsa** and **Claire** getting great grades in college. I won't get to see the kids over Thanksgiving as they all have plans: Ilsa will be with her mother in NYC and going to a Broadway Show while **Claire, John, and Moriah** will be working like Santa's Elves at Jack's Oyster House. Laura and I will probably go to the **American Shakespeare Center in Staunton VA** over Thanksgiving instead. **Claire** has a new job at Albany Med Center which means the bites and scratches from the animals at the vet's office she was at will stop. **Hope** is coming back East over Christmas from San Francisco. My wife **Laura**

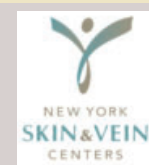
is working hard on her masters in ESL degree at BU all the while teaching at SUCO in Oneonta. I'm playing lots of **tennis** at the Binghamton and Oneonta indoor clubs. I'm back from a business trip in **Kansas City** and saw ax throwing in action. There are 5 bars in KC with this going on! Laura and I are going to **Miami Beach** for a cosmetic surgery conference this month and I was invited to an advanced training class with Dr. Obagi (ZO Skin Health) in California but was told in "no uncertain terms" that I had to do jury duty right when that event was happening.

Goings Ons Around Here: One of my favorite charities, **RISE**, celebrated their 40th Anniversary last month and while I could not attend, one of my nurses who did says the party was great with performances by SUNY Broome students and a terrific DJ. Thomas Travisano, the husband of one of our friends, is having a **book signing** on Wed Nov 6th at 630pm at Roots Brewing Company in Oneonta. The book is about the poet **Elizabeth Bishop**. My Book Release parties were well attended and we raised quite a bit of money and clothing donations for charity. My book **About Face** is still available for \$10 at the offices and online at NYSVC.com.

There is a **Cocktail Party** planned to benefit **Anya Walker**, who has a major health problem to recover from. It will be held at Blue Stone Restaurant at The Delhi Golf Course on Wed Nov 20th at 5pm. Tickets are \$30 and can be bought at the door or by calling 746-8865.

 Patti Anderson is holding a **Pampered Chef** event in the ballroom of our Binghamton Office on Thur Nov 14 at 6 pm. RSVP by calling the 24/7 hotline at 607/353-1800 or email Info@NYSVC.com with your name, cell, and any guests. You'll get to see the latest kitchen tools, food choices and recipes to get an amazing meal on the table faster than going through the fast-food line. You'll get to sample some delicious recipes and go home with a Pampered Chef tool as well.

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



Originally known as Oneonta LaserDerm, 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.



Stan Anderson, RPA-C
Physician Assistant
in Dermatology

Michael Weinberg, RPA-C
Physician Assistant
in Dermatology

Anne St. Pierre, NP
Nurse Practitioner
in Dermatology

Why Do I Write This Newsletter to You Every Month? 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 read. If I've failed in your eyes to do that, you can unsubscribe by sending an email to INFO@NYSVC.com.

If you missed out on Downton Abbey Returns Patient Appreciation Party last month, then you get a reprieve because we are featuring an early Cyber Monday Special on Nov 25th - watch the website and your email for details.

Not So Dr. D's Traditional Thanksgiving Dinner

November is not one of my favorite months: the leaves are falling and it's too cold for outdoor tennis. But November does mean football, apple cider and of course Thanksgiving which means that I get to see my kids! What more could a man want?

If you're hosting Thanksgiving this year (or need to take a dish to share) bring something new to the table with one of these delicious seasonal side dishes.



Not Your Mom's Green Bean Casserole (Serves 6)

Ingredients:

2 pounds fresh green beans, ends trimmed	1/2 teaspoon kosher salt + more to taste
1/4 cup + 2 teaspoons of olive oil*, divided	1/4 teaspoon freshly ground black pepper
2 pounds shallots, peeled and sliced thin	+ more to taste
1 teaspoon smoked paprika	1/4 teaspoon of red pepper flakes

Directions: Bring a large pot of water to a boil. Add green beans and cook for one minute. Lift the beans out of the water and plunge them into a bowl of ice water to cool and stop the cooking. Drain and set aside.

Add olive oil to a large saute pan over medium-high heat. When shimmering-hot, add shallots. Cook, stirring occasionally, until tender and starting to turn golden. Add the smoked paprika, salt, and pepper. Stir and cook another 2-4 additional minutes until the shallots are brown. Transfer to a paper-towel-lined baking sheet to drain the excess oil. Set aside.

Wipe out the excess oil from the saute pan and return to the stove over medium heat. Add 2 teaspoons of olive oil and when hot, add the blanched green beans, red pepper flakes, and a pinch of salt and pepper. Cook, stirring occasionally until heated through (about a minute). Add additional salt and pepper if desired. Transfer to a platter and top with smoky shallots. Serve.

Dr D's Super Easy Honey Roasted Carrots (Serves 8)

My simple recipe for honey-roasted carrots is super easy yet makes an elegant side dish for your Thanksgiving table!

Ingredients:

3 lbs carrots , peeled
3 Tbsp olive oil
Salt and freshly ground black pepper
3 Tbsp honey
1 1/2 Tbsp apple cider vinegar
2 1/2 Tbsp chopped fresh parsley
1 Tbsp fresh thyme leaves

Directions: Preheat oven to 400 degrees. Place carrots in a mound on a 17 by 12-inch rimmed baking sheet. Drizzle with olive oil and season with salt and pepper and toss to evenly coat. Spread into an even layer. Roast in preheated oven for 20 minutes then remove from oven. In a small bowl stir together honey and apple cider vinegar. Drizzle carrots with honey mixture and toss well to evenly coat. Return to oven and roast for about 10 to 20 minutes longer. Remove from oven, toss again and sprinkle with fresh parsley and thyme. Serve warm.



Just What The Doctor Ordered: Appletini (Serves 1)

Ingredients:

3oz Grey Goose Vodka
2oz apple cider
Apple slice

Directions: Stir over ice while staring at the vermouth, strain into a martini glass (or coupe) and add a slice of apple to garnish. Perfect for Thanksgiving Day!"

Six Sensational Events to Start the Holiday Season

Looking for something fun to do with the family this month? Check out these neat local events:

November 2 & 3: Broadway In Binghamton presents: Beautiful – The Carole King Musical Forum Theatre (Dr. D's Note: I saw this play in Cleveland and highly recommend it!)

November 9
Binghamton Philharmonic Presents "Simone, Ellington, & Parks": Forum Theatre

November 23
The MET Opera Live in HD: Akhnaten at Foothills Performing Arts Center, Oneonta

November 28
Thanksgiving Day 5k Turkey Trot for HOSPICE

November 29
Thanksgiving at the Farm at The Farmer's Museum, Cooperstown

November 30
Parade of Lights in Downtown Norwich

Picture This! Your Guide to Looking Your Most Beautiful This Holiday Season

The holidays are almost here and you know what that means - cameras everywhere! If last year's selfies seemed to expose your wrinkles, sunken cheeks and sagging jawline, I have the solution! There's still time to prepare for "optimal exposure" but you must start your refreshing procedures NOW!

A Wrinkle in Time

The first thing most women notice about their faces "after a certain age" is the appearance of muscle motion wrinkles. This includes those "elevens" lines between the brows, forehead lines and crow's feet. In the past, your mother would just accept them but you don't have to! Today we have safe and effective wrinkle relaxers such as Botox, Dysport, Xeomin and Jeuveau which work by smoothing your overactive muscles under the wrinkles to allow you to look refreshed and happy. The differences between the wrinkle relaxers are nonexistent and we will choose the right one for you. All wrinkle relaxers last about 3-4 months so you can think of it like going to the hairstylist to keep your face looking great

When Thinner Isn't Better

Are you beginning to see your cheeks sag? You're not alone. As we age we lose collagen, and the muscles and skin get thinner. And it's not just aging that can create that hollow, gaunt look, so can losing weight. There's nothing worse than losing a few pounds and then seeing your cheeks fall and wrinkles form. Until recently you had to make a choice - thinner waist or flatter face, but not anymore! Thanks to science we can now restore the lost volume and restoring your face to its natural fullness and youthful planes.

So How Do We Restore Your Volume? With Dermal Fillers! There are 4 types we can choose from. The first group is made from **Hyaluronic Acid (HA's)**. These are clear, colorless substances (found naturally in your body) which are grown in a test tube then mixed with Lidocaine. HA's can be placed anywhere on the face: temples, furrows between the eyes, crow's feet, under the eyes (tear troughs or hollows), around the mouth, nasolabial folds, marionette lines, lips, the jowls, and jawline. There are different HA's now available but my personal preference is the Restylane family - there are five different ones we use depending on where they are needed on your face. They are very safe and last between 6 and 24 months depending on which product is used and where they are injected.



Other fillers we commonly use include **Radiesse** which is a calcium gel. This thicker filler is used for deeper areas such as the cheekbones, temples, and jawline... Radiesse can last 12-18 months. **Sculptra**, which is actually derived from a suture, works slowly (and naturally) over time - making it very popular among movie stars because no one can tell that you've had "work done" you just "somehow" look more youthful. Sculptra can be used anywhere in the face except under the eyes or on the lips. It is perfect for the woman who is thinner and needs a lot of volume. Most women will need 2 to 4 sessions of Sculptra injections, but it can last 3



years or more. The last filler we use is **BellaFill**, a sterile beef collagen mixed with microscopic beads. These microspheres have been used

in medicine for more than 60 years and are very safe. With BellaFill you get the immediate filling of the wrinkles from the collagen and then the microscopic beads stimulate your own natural collagen for years to come. This filler is perfect for the woman in her 40's and 50's who wants to see a longer-lasting improvement. It can't be used under the eyes or in the lips but works great for cheeks, lines around the mouth, jawline, and temples.

Sometimes You Just Need a Little Lift.

Sometimes wrinkle relaxers and fillers aren't enough. If you find yourself pulling on your face to lift the cheeks and jowls and thinking, "If I could just pull a little bit of skin up, I'll be happy" you might be a candidate for **InstaLift**. This is a facelift without the cutting by inserting absorbable threads in your cheeks to lift sagging skin. So you get an immediate lift AND while your body absorbs the threads, it also stimulates collagen to give you more volume too! It's important to note that while InstaLift can give you some incredible results, it is not a surgical facelift. Results last about two years. Expect to be a little bruised and swollen for a few days after this procedure so allow a week before those Christmas photographs.



Erase the Summer Damage

Laser Treatments are the most common method currently used to recondition the skin because they can treat brown spots, broken capillaries, uneven skin tones, large pores, and raised spots (skin tags, warts, sebaceous hyperplasia, seborrheic keratosis).

Laser Genesis using the Excel V or HR laser is the most popular laser treatment in the world because it's so versatile. It is used to improve the tone, color, and pores of the skin and can even be done the day before a wedding because it has absolutely NO Downtime and you'll look glorious the next day! It also stimulates collagen and remodels scars too. Laser Genesis requires a series of treatments depending on the extent of your problem. It's safe and patients say that treatments feel like a mild rubber band snap and is very well tolerated.



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Get Ready To Smile!

Ready to make 2020 your most beautiful year ever? This month I'm offering a **Holiday Consult Special** for only 6 lucky women. You'll receive:

1. Comprehensive Face Consult
2. ZO Skin Care Travel Kit
3. ZO Glow No Downtime Peel

for only \$99 (value \$325).

Make your appointment TODAY and in just a few short weeks, you'll be ready to face any camera with confidence. Call **(607) 286-0061** NOW!!



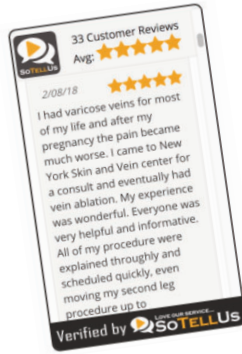


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150 Broad St
Hamilton, NY 13346
(315) 750-1470



Happy Thanksgiving From Dr D!

- Dr Has Been Traveling
Find Out Why On Page 1
- Looking For Thanksgiving Side Dishes To Wow Your Guests? Try These Recipes. See Page 2
- Are You Ready For All Those Holiday Photographs? We Can Have You Picture Perfect In Time For All Your Parties and Get Togethers.
- There's a Lot Going on Around Town This Month Don't Miss Out on The Fun Check Out Page 2 For Fabulous Fall Events

Good Friends Don't Let Their BFF Miss An Event
Sign Up Your Bestie For My Newsletter TODAY!
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!

Let's Face It, We are Always Ahead of The Crowd

Which Is Why We're Offering Cyber Monday Deals One Week Before Everyone Else!

Why Wait Until After Thanksgiving To Save?

Don't Miss Our **Pre**
CYBER
MONDAY



We Will Be Offering Incredible Beauty Deals You'll Be **Grateful** For!

So **Mark Your Calendars Now** Because You Don't Want to Miss Out On These Amazing **Thanksgiving Specials!**

This Will Be Our Last Deal of the Year.

Don't Miss Your Chance To Look Picture Perfect For The Holidays.

Only 27 Deals Will Be Available. Which Means That You'll Have To Act Fast (Before Someone Beats You To It)

Check Our Website at NYSVC.com/Events and Facebook Page for More Details Beginning **Wednesday, November 20th**

On Monday, November 25th from 9am to 5pm

(Cannot Be Combined With Any Other Offers, Previous Purchase, Coupons, or Specials.)