



THE NEW YOU

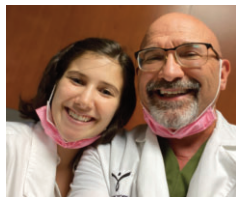
Natural Good Looks and Healthy Legs: Our Specialty!

The MAN-ual

A Repair Guide For Guys



Well that was a nice long hot ole' fashioned summer but I'm not disappointed that Fall is here. It does mean no more outdoor tennis and that my camp is closing for another year. Hopefully Fall will allow me to visit friends and family I haven't been able to see in a while. Meanwhile the farm is constantly being rented but there are no serious buyers yet. **The Man-ual, the Smart Guys Guide to Looking and Feeling Your Best** is at the printers, and we are getting ready to hold our semiannual patient appreciation day party this month. We are still **accepting recipes** for this Christmas's Recipe book. Send them to Info@nysvc.com.



Family: Claire spent a few days with me in Oneonta and shadowed Michael Weinberg, my dermatology physician's assistant there. And guess what? She loved it and is seriously considering that as

a career option. I'm so happy! Instead of the traditional watch, I gave her a gorgeous set of ruby earrings from **Liz DeHaven the Goldsmith** in Walton, which Claire loves! Liz also found me a nice sapphire ring for Eleanor's Birthday (27 years old). **John**



is still looking for jobs in Brooklyn (it's tough down there right now) and sweltering in his 4th floor walk up because he refuses to spend money on an air conditioner LOL. **Isa** is settling into classes at ESF and her apartment and is working part-time too.



I recently came across these words of wisdom from author, lawyer and businesswoman, Barbara Judge (who sadly died last month): **"I don't understand the term work/life balance, because it suggests that work isn't a part of life."** When I read this in the Wall Street Journal, I almost yelled out in agreement! Now that being said, no one ever inscribed their tombstone with 'Wish I had spent more time at the office' but if you love what you do, then your work is your life too and you're content. And many of you have echoed her thoughts to me over the years too. That being said, it's important to make time for YOU and to nurture yourself. So this month, if you do nothing more, make

sure you're using your ZO Skincare daily to protect your skin from premature aging and skin cancer. Not sure what you should be using? See Page 3

Office News: Sadly the last day for our beloved nurse practitioner, **Gwen Manley**, in Norwich, is October 23rd. She's moving on to Community Memorial Hospital in Hamilton. We're having a big send off party for her and **Annie**, my medical secretary of 40 years there. **Emma** is here! Who the heck is **Emma** you ask? It's our new state of the art practice management and electronic medical records system. Yes they've finally dragged me into the 21st century from paper records. This will allow us to interact with you better, faster, and without paper! Bear with us as we make this HUGE transition.

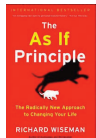
Local Doings: McCoy's Chop House is open!

Yes, the restaurant formerly known as Lampy's in Endicott has reopened and I can't wait to go there! McCoyChopHouse.com.

What I'm Wearing:

My cashmere sweaters are out of storage

What I'm Reading:



The As If Principle, the radical new approach to changing your life by *Richard Wiseman*

What I'm Listening To:

Frank Sinatra, Dean Martin, Van Morrison

What I'm Drinking: Manhattans and Pinot Noirs.

A Thoroughly (Mid Century) Modern PAD!

We're time traveling back to 1959 for this year's Patient Appreciation Party! A time when the world was excited by the idea of going to the moon, war was over, GI's were buying their first homes and everywhere you looked America was booming! A time of parties and pre-dinner cocktails, jazz bars and beatniks poets. As a tiny, pink (future) Dr D made his entry into the world. I love that era (was I born too late?). It was a time when men went to work in suits and wore tiki shirts on weekends. When women (glamorous in ball gowns and cocktail dresses) swooned over Frank Sinatra's Rat Pack. Heck, even the cars were sleek back then with their fins and soft tops! Yes, the fifties were where it was at Daddy-o and this month we're inviting you to party with us like it's 1959 (see page 4 for details).

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



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 called Oneonta Laser Derm, the practice expanded and changed the name to New York Skin and Vein Center. We now have 4 locations with 3 dermatology PA's/NP's, 5 laser nurses and technicians, with two private surgical facilities for your safety, convenience, and privacy.

The *New You Newsletter* is a monthly conversation about life as it looks from my perspective and what's happening at the New York Skin and Vein Center. I believe in strong relationships and this newsletter is my way of showing you who we are and what we have to offer you. Some of you I see a lot, 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 a lot can happen in a year or two! This is my way of keeping in touch. Hope you enjoy it as much as I like writing it.

Dr. Eric Dohner.

Some of Our Services for You:

- Medical Dermatology
- Varicose Veins Treatment: In-Office Awake Surgery
- Leg Spider Vein Sclerotherapy
- Wrinkle Fillers & Facial Restoration: Restylane, Radiesse, Sculptra, Bellafill
- Pixel8 RF Microneedling
- Tighten Turkey Neck & Belly with ThermiTight
- ThermiVA for Bladder Control and Dryness
- Acne & Acne Scar Treatments
- Excel V Laser for Rosacea, Facial Veins, Brown Spots
- Wrinkle Relaxers: Botox, Dysport, Xeomin
- Peels: for Pores, Melasma, Sun Damage, Acne
- Vacation Peel: Give Us a Week - We'll Give You Back a Decade
- InstiLift Weekend Facelift
- Laser Hair Removal
- Smooth Wrinkles, Crow's Feet, Smoker's Lines with CO2 Laser
- Exilis Lunchtime Face Lift
- Laser Tattoo Removal
- Vanquish Full Body Fat Melting
- Cellulite and Stretch Mark Clearing

Dr D's "Modern" Dinner Party

All this talk of Mid Century Modern (see Page 4 for PAD event) had me salivating for a dinner party so last month I hosted a very lively 1950's style "night in". I wanted to keep the food and cocktails as authentic to the time period as I could so I called some friends for ideas and they suggested:



A Classic 1950's Beef Bourguignon (serves 6)

Ingredients:

3 ½ tbsp olive oil	10-12 small pearl onions	½ cup tomato sauce
6 slices bacon	8 oz mushrooms sliced	¼ cup flour
3 lbs brisket, cut into 2-inch cubes	2 cups red wine (Cotes du Rhone or Burgundy)	2 cloves garlic, crushed or finely chopped
Salt and pepper	2 cups beef stock	½ tsp dried thyme
2 medium carrots, sliced	1 tbsp tomato paste	1 bay leaf

Directions:

1. Preheat the oven to 350 degrees.
2. In a large dutch oven over medium high heat pot add the olive oil and bacon pieces. Cook until crisp. Remove the bacon with a slotted spoon.
3. Season the beef with salt and pepper, add it to the pot and sear on both sides for 2-3 minutes. Remove from the dutch oven.
4. Add the carrots, pearl onions, and mushrooms to the pot and saute 2-3 minutes until tender. Remove and set aside.
5. Add red wine to the pot scraping down the sides, allowing the pot to deglaze. Add beef stock, tomato paste, tomato sauce, and whisk in the flour.
6. Return beef, vegetables and bacon to the pot and stir.
7. Add garlic, thyme and bay leaf.
8. Put a lid on the pot, return to the oven.
9. Allow to simmer for 1 1/2-2 hours until beef is tender.
10. Serve with a side of mashed potatoes

Pineapple Upside Down Cake

(Serves 8)

Theme parties became a big hit back in the '50s, and this dessert was popular on Tiki Night. Simple to make but oh so good! I cheat a bit when I make this dessert (I use a cake mix) it saves me valuable time when I have guests over (but shhhh don't tell anyone!) You will only need half of the prepared cake mixture so I suggest you make a second cake to eat all by yourself the next day (Joking! Save it for the kids)

Ingredients:

½ cup butter (for topping)	9 maraschino cherries, stems removed	½ cup butter (for cake mix)
¾ cup brown sugar, packed	1 Super Moist yellow cake mix	3 eggs (for cake mix)
14 oz can sliced pineapple, drained	1 ¼ cups cup water (for cake mix)	Whipped cream for serving

Directions:

1. Preheat oven to 350° F. Spray bottom and sides of a 9-inch square baking pan with non-stick cooking spray. Place 1/2 cup butter into baking dish and melt in oven.
2. Remove from oven and sprinkle with brown sugar.
3. Arrange pineapple rings over brown sugar, place a cherry in the center of each pineapple ring.
4. Prepare cake mix with water, butter and eggs according to the package.
5. Divide in mix in half - remember you only need half the mix and pour over pineapple and cherries. (See Dr's Note).
6. Bake cake at 350° F for 45-50 minutes, until a toothpick inserted in the center comes out clean.
7. Immediately place a heatproof serving plate upside down over pan; turn plate and pan over. Leave the pan covering the cake for a few minutes to allow the brown sugar mixture to flow over the cake.
8. Remove the pan.
9. Serve warm with whipped cream.

Dr's Note: The unused portion of the cake mix will not save so you need to make something else with it as you bake the Pineapple Upside Down Cake



Brown Derby (Serves 1)

No 1950's cocktail party was complete without the Brown Derby. This cocktail was named after the famous Hollywood restaurant (located at Hollywood and Vine) where starstruck Lucy Ricardo (Lucille Ball) met actor William Holden in an episode of "I Love Lucy". Sadly, The Brown Derby is no more but (thankfully) the cocktail lives on. Enjoy!

Ingredients:

Add 2 oz bourbon
1 oz fresh grapefruit juice
.5 oz honey syrup to shaker

Directions: Fill with ice and shake. Strain into a coupe glass. Garnish with grapefruit wedge or twist. **Dr's Note:** Honey syrup is one part water to honey. Use in place of simple syrup to add "warmer flavor" to your Fall cocktails.

How Over The Counter Skincare is Ruining Your Skin

Why You Need To Know About ZO® Skin Health: The #1 Luxury Skincare In Europe (and #2 in the USA)

When I started in dermatology, skin care was a black hole of information with little science to back up the claims. So, when I first heard about the ZO® Skin Health (from Dr. Obagi of Beverly Hills), I was initially skeptical. Then I discovered that ZO® takes a scientific approach to create and maintain healthy skin, regardless of type, age, or skin problem. My years of experience with ZO® have convinced me that no matter your skin issue, ZO® can fix it! ZO® is the only skin care service we offer at NYSVC for several years and we have trouble keeping it in stock - that's how much our patients like it.

So How to Use ZO®?

Let's start with "GSR" - Getting Skin Ready® which incorporates 3 things: Cleanser, Exfoliant and Skin Toning. This trio will improve your skin all by itself.

GSR® Step 1 Cleanse - use twice a day

ZO® Gentle Cleanser Dry, sensitive skin needs a special cleanser which is why I recommend this to: help remove makeup, deep clean skin to remove oil and impurities and promote hydration.

Exfoliating Cleanser If you have oily acne prone or pigmented skin this is for you. Exfoliating Cleanser will rid your skin of dirt and surface oil and unclog pores.

GSR Step 2 Exfoliate

Exfoliating Polish Good Housekeeping Magazine rated ZO® Exfoliating Polish: *"most popular with users, ranking above the rest at making skin satiny smooth"* Patients love how amazing their skin feels after using this product to exfoliate and polish skin for a smoother, younger looking glow. Use daily.

Dual-Action Scrub for Oily Skin. Targets surface oil and bacteria while calming and soothing skin. Use Daily.

GSR Step 3 Tone

Complexion Renewal Pads Use to keep your skin looking smooth and blemish free. These pads remove dead skin cells to prevent clogged pores, reduce oiliness and minimize surface oil while calming and soothing irritated skin. Use daily.

Oil Control Pads Acne Treatment Removes dead skin cells, dirt and oil from the pores while minimizing pore size.

After GSR your skin needs Antioxidants:

Daily Power Defense Dr.Obagi says this is his single most important product and I agree! Daily Power Defense should replace your moisturizer (which is extremely bad for your skin). Allure Magazine swears by DPD and it's our most requested product to guard against skin damage, premature aging and moisture loss. Apply twice daily to clean, dry skin.

After DPD you need to know about:

Growth Factor Serum Loaded with unique and complex ingredients and clinically proven to reduce the appearance of fine lines and wrinkles, GFS will improve overall appearance of skin, improve firmness and elasticity and restore hydration for more youthful looking skin. Use at bedtime on clean, dry skin.

For years, I saw women coming into my practice with melasma, acne, and sun damage. I'd fix their skin with chemical peels and laser resurfacing, but then they'd go back to department stores and buy the wrong product for the wrong reasons, and I'd see them back again in a year with the same issues. So, I wanted to create a skin-care collection that would enable physicians to keep their patients' skin healthy for the rest of their lives

Dr Zein Obagi

And Last, but not least, you need SPF to protect your skin from sun damage all year round

Sunscreen + Tinted Primer offers protection from UVA, UVB and high-energy visible (HEV) light, helps smooth skin and diminish the appearance of fine lines and can be used alone or under makeup.

Smart Tone Broad-Spectrum SPF 50 is for women with darker complexions. It has UVA/UVB and high-energy visible HEV protection.

After these "basics" we add products depending on your skin's specific needs

Rosacea requires Rozatrol® which will help soothe skin, minimize the appearance of red, sensitized skin, target excess sebum build up and can reduce the appearance of blood vessels.

Aging skin requires Wrinkle + Texture

Repair As we age, we get fine lines and wrinkles and textural changes of our skin. WTR will reduce these fine lines and wrinkles, smooth skin texture, improve skin function, aid in cell regeneration and help your skin retain moisture. Apply at bedtime to clean, dry skin.

Pigmented, spotty and uneven skin tones require Retinol Skin Brightener Youthful skin has a glow all of its own but as we begin to age, our skin loses its lustre leading to dull and uneven skin tones. RSB (available in 3 strengths) helps restore your lost sheen by brightening and evening out skin tones. Apply at bedtime to clean, dry skin.

Don't know where to begin?

Don't worry, we offer 3 Kits to simplify your skincare needs:

The GSR® Kit with cleanser, polish and toning pad.

The Protect and Correct Kit (for people under 35) includes Cleanser, Polish, and Power Daily Defense.

The Protect Kit (for those of us over 35) which has everything included in the Protect and Correct Kit with the addition of Growth Factor Serum.

Because every skin has different needs, I want you to **Call (607) 286 0061 TODAY** to make your appointment for a ZO® SKIN CARE CONSULTATION. My staff and I will make sure that you get a jumpstart on gorgeous skin with the right combination of ZO® Health Skincare products for your unique skin. Get started on beautiful, more youthful looking skin now and look amazing for the holidays!



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

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



New York Skin and Vein Center

4.9 ★★★★★ (59)
Medical spa

October....

- **Is Your Skin Care Routine Ruining Your Skin?**
Find Out On Page 3
- **Try My Delicious Fall Recipes**
See Page 2
- **I've Been Busy!**
Discover What I've Been Up To
On Page 1
- **Don't Be Late To The Party!**
Sign Up For PAD Today!
(See Below For Details)

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!

This Patient Appreciation Party Is Going To Be Crazy Daddy-O!

(In Person or Virtual - The Party Must Go On!)

Wednesday, October 21st in Our Oneonta Office
Thursday, October 22nd in Our Binghamton Office

From 4pm to 7pm (each office)

There Will Be Food!

(and Drinks, Wine and Desserts)

There Will Be Prizes!

- Best 1950's Costume
- Best Mid Century Modern Hat
- Best 1950's Hair Do
- **Most Newbies** (Social distancing permitting)*
- **Person Who Traveled The Furthest**
- **You'll be Eligible for Our Grand Prize of a \$1000 Makeover if You Donate The Entry Fee Gifts For RISE or Oneonta Family Services Association!**

There Will Be Demonstration!

My staff and I will be demonstrating all the latest techniques and products you need to know about.

How can I get in on the party you ask?

You **MUST RSVP** by **Monday Oct. 19th at 5pm.**

Call 607/353-1800 with your name, location attending, and # of guests.

Email **Info@NYSVC.com** with same info.

Go to **NYSVC.com/events** and fill out the RSVP form.

*check for Party Updates at **www.NYSVC.com/events**

Masks and Social Distancing Are Mandatory!

The Year is 1959

The War is Over and America is Booming!
Women Are Swooning Over The Rat Pack
Men Dream of Marilyn Monroe
Beat Poets Perform in Smokey Bars
And We Dream of Going into Space
Everything is "Supermurgitroid"
Everything is Modern (Including the tv in the corner)
Anything is Possible!
Join Me As I Turn Back The Clock
And Party Like a Beatnik

Remember this is the only time of the year that we have across the board special pricing on EVERYTHING we offer at NYSVC so don't miss out! (**Special Pricing will be announced on Friday, October 16th via email and on our website at NYSVC.com/Events**). As always this party is free but we ask as an entry fee, you bring donations to benefit RISE in Binghamton or Family Services Assoc in Oneonta. Both charities are in need of personal care items: shampoo, conditioner, deodorant, lotion, bodywash, soap, toothbrushes and toothpaste, sanitary products, face masks, hand sanitizer, etc. RISE has also expressed a need for PJ's for both kids and Moms.