



Eric Dohner MD

# The NEW YOU

October 2019



INSIDER TIPS FOR A HAPPY, HEALTHY AND GLAMOROUS LIFE

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

### From The Desk of Dr. D



Glad we're having some warm weather again because I'm NOT looking forward to winter. The cold is feeling colder and it's getting harder to get motivated when it is 10 degrees and snowing outside. I have been a little down lately since I found out my mentor, Dan Kennedy, is in Hospice Care in Ohio. He's only 5 years older than me but has some underlying health issues that have contributed to his situation. He is the smartest man I know, bar none! I've been to his house in Ohio several times and have been using his services for over 10 years. My staff was kind enough to send me a sympathy card even though we are not related. For distraction, I have a trip planned to **Miami Beach** at the end of this month to attend the Global Aesthetics Conference, taking Laura with me. And it includes Halloween too! That will be interesting.

I want to thank the 194 women who took the time to fill out the online survey about the **direction of the monthly newsletter** (which you are reading in your hot little hands). You might be interested to know the results: **60% read the newsletter every month AND prefer the paper edition AND pass it on to family or friends.** 75% like the procedures I write about the most, followed by this page about my thoughts for the month, and 50% of you like the recipes and local calendar of events. The part that you like the least is the fashion, gifts, and seasonal stuff.



Thanks again for your time! The winner of the Laser Genesis Facial is **Jeanette Thompson** from Roxbury whom I have known for a long time. Congrats Jeanette!

**Family:** I took my son, **John**, shopping for new shirts in Albany for his job - he actually has a pink



shirt now just like dad! While there he picked out socks with watermelons on them and I got a pair with martini glasses and shakers. **Claire** helped with the clothing selection and has become quite the 'mother of the house' having moved into a townhouse in Albany with her 2 brothers. They had too much furniture since her mother has moved to NYC and gave them her stuff, so Claire sold the futon I had in med school and dining room set from Laura (boo hoo). She's holding down 2 jobs and taking full time online college too. You rock, **Claire!** **Eleanor** turns 26 this month and seems to be doing nicely in the NYC area. I'm visiting **Ilsa** twice a month to take her grocery shopping as she is doing her own cooking now, saving Dad big bucks from the college meal plan.

I'll be closing down my camp in the **Poconos** soon and playing tennis indoors in Oneonta and hopefully Binghamton too. There is a weekend trip on my agenda to **Kansas City, MO** soon too to learn business techniques from an orthodontist whom I really admire.

Some of you have effusively complimented the blinged out "New York Skin and Vein Center" **tee shirts** my staff is wearing. We are now offering them for sale - in black with v-neck in all sizes - XS to XL for only \$19.99. My new book **About Face: The Smart Woman's Guide to Natural**

**Good Looks** has arrived and is selling like hot cakes - all proceeds are being donated to RISE and Family Services Association. I want to thank everyone who is giving us **5 Star Reviews on Google** - it really helps get the word out in this digital age.



**The Patient Appreciation Day theme this month is...Downton Abbey! The new movie has come out and is bringing back all the memories of the PBS TV series! We had a party over 6 years ago with the Downton Abbey theme and everyone loved it! See page 4 for details.**

### 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.



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](mailto: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](mailto:INFO@NYSVC.com).



Can you believe that it's already Fall? The days are getting shorter and the weather is as unpredictable as ever in Upstate New York. I'm closing up my camp until Spring, but I'm not sad because the cooler weather means that I can wear my cashmere sweaters again and sup my favorite soups. On busy evenings you'll love this delicious lemony chicken soup. It's an easy recipe, the trick is to pour the broth over the eggs slowly while whisking continuously (to avoid chicken flavored scrambled eggs).

## Dr D's Too Busy To Cook Lemony Chicken Soup (Serves 4)

### Ingredients:

4 cups chicken broth  
 ¼ cup orzo  
 1 large egg  
 2 egg yolks  
 Grated zest of a lemon  
 Juice of 1 lemon  
 Kosher salt and black pepper to taste  
 Breast of chicken, shredded\*

**Directions:** Add chicken broth to a medium saucepan and bring to the boil. Add orzo and cook for about 7 minutes (you want it al dente).

Whisk together egg, egg yolks, lemon zest, and lemon juice in a bowl until foamy and pale yellow.

When orzo is ready, pour half a cup of hot stock into the egg mixture in a slow steady stream whisking continually.

Lower the heat to medium-low and SLOWLY pour the egg/soup mix back into the saucepan whisking constantly.

Simmer gently, stirring frequently, until thin enough to coat the back of a wooden spoon, 8 to 10 minutes. Season with salt and pepper.

Add shredded chicken breast, garnish with lemon zest and black pepper and serve immediately.

\***Dr's Note:** Use store bought rotisserie chicken to save time.

## Lemon & Rosemary Bourbon Sour (Serves 1)

### Ingredients:

1 ½ oz Bourbon (any brand)  
 1 oz fresh squeezed lemon juice  
 ¾ oz Rosemary Simple Syrup  
 Rosemary sprigs to garnish  
 (and for syrup, see right)

**Directions:** In a cocktail shaker, combine bourbon, lemon juice, Rosemary Simple Syrup and ice; shake well. Pour cocktail with ice into double rocks glass and garnish with rosemary sprig, if desired.

**To Make Rosemary Simple Syrup:** Gently hit 3 sprigs of rosemary with back of knife to release aroma. Transfer to a small saucepan, stir in ½ cup sugar and ½ cup water and heat until sugar is dissolved. Allow to cool. Refrigerate and can use for up to 5 days.



## Have a Howlingly Good Time This Halloween At These Spooky Local Events

### Howlooween at the Zoo [All Ages General Event]

October 5 - 6, 12 - 13  
 Ross Park Zoo, Binghamton

### October 12: Monster Bash

Trout Woods Park, Newark Valley

October 18 - 20, 25 - 27

### Boo at the Zoo

Ross Park Zoo, Binghamton

### October 26

#### Halloween Shock-fest

Touch of Texas, Binghamton

### October 26th

#### Antonio's Halloween Party

Antonio's Bar and Trattoria, Endicott

### October 26: Halloween Parade

Downtown Binghamton, Binghamton

### October 26-27th

#### Dance of the Dead Party

Roberson Mansion, Binghamton

### October 25 - 26th

#### Death and Mourning Candlelight Tour

History of Death and Mourning in 19th Century  
 Phelps Mansion Museum, Binghamton

### October 4 - 5: Sci-Fi Horror Fest

Foothills Performing Art Center, Oneonta

### October 18 - 19, October 25 - 26

#### Things That Go Bump in the Night

[Haunted Tour]

Farmer's Museum, Cooperstown

### October 26

#### Trick or Treating in the Historic Village

Farmer's Museum, Cooperstown

### October 26th

#### Murder Mystery Dinner Theater

Foothills Performing Arts Center, Oneonta

### October 26

#### Halloween Comicfest

Secret Comix Cave, Oneonta

### October 26th

#### Bartenders Halloween Costume Ball

B-Side Ballroom, Oneonta

### October 27th

#### Pumpkin Glow

Cooperstown Art Association,  
 Cooperstown

### October 31st

#### Halloween Celebration

Baseball Hall of Fame, Cooperstown

### October 31st

#### Halloween Parade

Main Street, Cooperstown

### October 26

#### Purple Pumpkins in the Dark

East Park, Norwich

### October 26

#### "A Knight at the Castle"

#### Halloween Party and Dance

Castle on the Delaware, Walton



### Roberta Griffith, Artist and Educator

A good friend of mine had a celebration of her life and work at Hartwick library in September. Her papers and collections were donated to Hartwick College in 2019. Roberta has a long fun career from Michigan to Mexico to Los Angeles to Spain finally landing in Oneonta at Hartwick College as chair of the Art Department. She retired in 2008 and has spent much of her time in Hawaii working with ceramics. She returns to Oneonta during the summers and continues to work like crazy at her art.

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

Apples, Figs, Grapes, Pears,  
 Pomegranates  
 Brussels Sprouts, Cauliflower, Kale  
 Acorn Squash, Butternut Squash  
 Delicata Squash, Pumpkin  
 Sweet Potato

# This Halloween Don't Let Your Neck Be The **SCARIEST** Thing People See!



Many people don't like the way their necks look. On any given day I hear complaints about **ugly double chins, sagging skin or turkey necks** and now we can add a new neck horror to that list: **"techneck"** (A very modern problem which we will learn about later). There's no denying that these neck issues can make you look **older, heavier and less attractive** than you could be. But the good news is that there are **many solutions** to your neck woes. And all of them are **safe and effective** ways to make your neck more beautiful.

**THERMITIGHT®** is a minimally-invasive procedure that uses an advanced radiofrequency (RF) probe to deliver heat deep below the surface of the skin. the procedure stimulates



collagen and elastin production which tightens the skin leaving it smooth and firm. Thermitight works well for moderate to severe loose sagging necks and can be combined with neck liposuction to remove excess fat too. It only takes 30 minutes and is performed under local anesthesia in the office. In less than a week, your neck will look like it used to when you were younger.

**KYBELLA** is the only FDA approved treat-



ment that dissolves fat cells under the chin to improve your profile. When injected into the fat beneath the chin, kybella® kills your fat cells, resulting in a noticeable reduction in fullness under the chin. Once destroyed, these cells can no longer store or accumulate fat and don't grow back. Kybella is a painless injection into the fat that only takes 5 minutes. After the treatment the area will be slightly more swollen for a few days and then the kybella starts to work. It usually takes 2 to 3 sessions to get to your final goal of smoothing your double chin.

**NEFERTITI LIFT** (named for the ancient Egyptian



queen who was famous for her long and graceful neckline) is a non-invasive procedure that can restore a more youthful contour to your jawline and upper neck at the same time. Treatment requires a wrinkle relaxer like Botox which is injected into the platysma muscles (the muscles on either side of the neck that create prominent bands that pull down the corners of the jaw line each time they contract. When the wrinkle relaxer begins working, the muscles under the jaw and neck relax; this allows the neck to smooth out and the upward-pulling facial muscles to lift up the cheeks. This result is a reduction in the skin drooping of the jawline and a smoother appearance to the upper neck, giving you a more youthful, contoured jawline. The NEFERTITI lift can be combined with wrinkle fillers injected above the jaw bone to give an even more defined jawline.

**EXILIS ULTRA 360™** is a dual-wavelength



treatment that uses both radiofrequency and ultrasound energy. exilis combines fat melting and skin tightening in a simple non-invasive procedure. This works well anywhere on the face and especially the neck. It is completely pain free and uses no needles or anesthesia. Most women say it feels like a hot stone massage.

**TECHNECK** is a condition that is affecting even young women and is the result of looking down at a laptop or phone for hours each day. It creates horizontal indentations in the skin that make your neck look much older than you are. Fortunately "techneck"

can be reversed but it requires a three step combination treatment in order to smooth out the lines and fill in the indentations.

**Step 1:** Exilis Ultra is used to stimulate collagen and create long term smoothing.

**Step 2:** The NEFERTITI lift is performed to smooth out the lines short term, and

**Step 3:** A wrinkle filler like Restylane is also used to fill in the indentations and stimulate collagen.

The treatment program takes approximately one month to complete and will improve "techneck" lines by at least 50 to 80%.

**REDNECK** is not the name of a southern hick



but what happens with sun exposure causing damage to the skin overtime. The medical name is **Poikiloderma of Civatte** and looks like reddish-brown patches with thinning of the skin that symmetrically involve sun-exposed areas of the sides of the neck. It usually spares the shaded area under the chin. We have the perfect treatment for Poikiloderma: Laser Skin Rejuvenation with the Excel V laser that seals shut the blood vessels causing the red color. This evens out the color of your neck so that it looks like normal skin again. It usually takes 2 or 3 treatment sessions and feels like a mild rubber band snap.

**During the month of October:**  
Get Your Private Neck Consultation with Dr Dohner (value \$100), a Bottle of Nectifirm Advanced (value \$133), and a ZO Stimulation Peel to make you look glowing and fresh (value \$100)

**Total Value of this special package should be \$333** but I'm offering this very special deal to my readers for

**only \$99**

through the end of October.

**Call (607) 286-0061**  
to schedule your appointment.

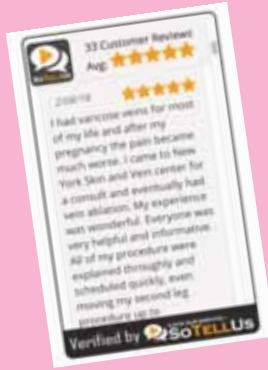


New York Skin & Vein Center  
6 Country Club Rd  
Oneonta NY 13820  
(607) 286-0061

Also at:  
157 East Main St  
Norwich NY  
(607) 286-0695

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

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



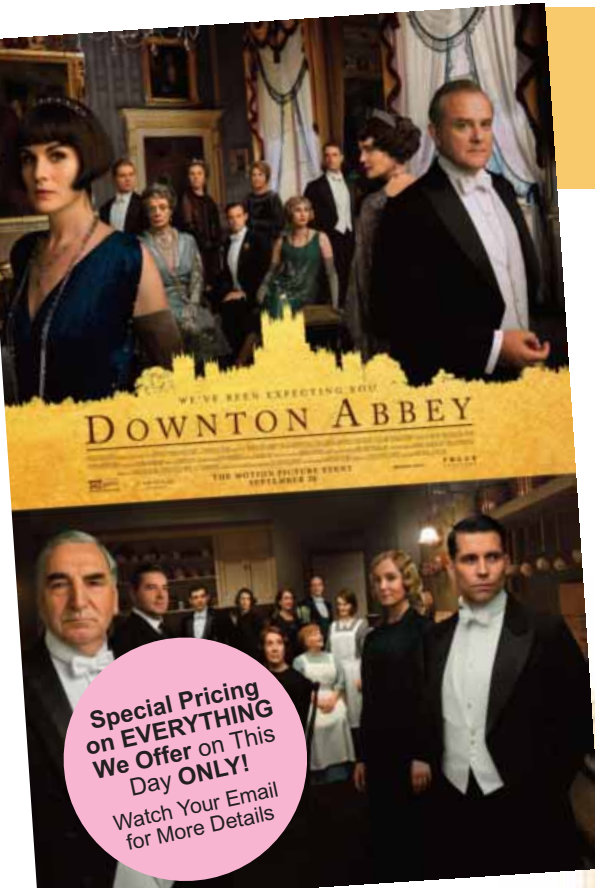
## Fall Is Here!

- **Too Busy To Cook?**  
Try My Favorite Quick and Easy Fall Soup. See Page 2
- **A Lot Has Been Happening**  
Find Out The Details. On Page 1
- **Learn To Love Your Neck.**  
Find Out How On Page 3
- **Did You Hear, The Reviews Are In And Dr D's Latest Book Is His Best To Date!**  
Find Out How You Can Obtain a Copy. See Page 1
- **Looking For Fun This Halloween**  
Check Out My Guide To The Spookiest Events Around. Turn To Page 2

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](mailto:Info@NYSVC.com) with your name, address and email.  
**We'll Get One in the Mail ASAP!**

# Join Us in Our Free and Most Formal Patient Appreciation Party Ever!

# DOWNTON ABBEY RETURNS



**Everyone's Watching the New Movie So Let's Party!**  
Wed., Oct 23rd. at Oneonta Office at 6 Country Club Rd  
Thurs., Oct 24th. at Binghamton Office at 75 Pennsylvania Ave.  
**Both from 4 – 7pm**

### Dress As Your Favorite Character And Win Prizes Including:

- Wrinkle Relaxers & Fillers
- Reps from all of the companies will be here!
- Prizes, Demos, AND Goodie Bags with Lady of the Manor Tea Cup and Saucer!
- Dinner and Drinks
- Learn what the future holds for you from Psychic/ Tarot Card Readers.

### PRIZES FOR:

- Upstairs & Downstairs Period Outfits
- Best Shoes
- Best Hair
- Best Accessories
- Person Bringing Most Newbies (min 3)  
Win Botox Party
- Person Who Drove the Furthest

**ENTRANCE FEE:** This Event is Free as always but in ONEONTA we ask that you bring a donation of New or Gently Used Winter Clothes for Children: Kindergarten through 6th grade (i.e. snow pants, jackets, gloves, scarves, hats, sweaters etc.) and also Women's gloves, hats and scarves.

**IN BINGHAMTON FOR RISE,** please bring cleaning supplies for kitchen/bathrooms i.e. brooms, mops, windex, dishwashing soap and any other cleaning supplies. Also, sheets, towels and washcloths.

**The more Items you bring, the greater your chances of winning Our GRAND PRIZE a \$1,000 Makeover with Dr. Dohner (can include Laser, Wrinkle Relaxers/Fillers, Skin Tightening, etc.).**

**Special Pricing on EVERYTHING We Offer on This Day ONLY!**  
Watch Your Email for More Details

