



Eric Dohner MD

The NEW YOU

September 2019

INSIDER TIPS FOR A HAPPY, HEALTHY AND GLAMOROUS LIFE

Natural Good Looks and Healthy Legs: Our Specialty!

From The Desk of Dr. D



Wow, Summer went by so fast! Hard to believe that Fall is almost upon us but it was fun while it lasted. I spent a lot of time at my camp in the Poconos and played lots of tennis too. My shoulder has been holding up well and my serve is excellent. I went to the **Walton Fair** but my favorite carnival game was not there. I also saw all four operas at **Glimmerglass Festival** in Cooperstown so I got my culture in. I have been grilling a lot lately while the weather holds. **Check out my recipes on page 2.**

Family: **Ilsa** went back to SUNY ESF in August (College of Environmental Science and Forestry) in Syracuse for her sophomore year. She took a position to help orient the incoming freshmen students and will be working in one of the dining halls too. She is sharing a suite with 3 other coeds and has a regular kitchen in the suite. She plans to do all her own cooking so Dad will have to make sure her pantry is stocked up. **Claire** is gunning to finish college by next summer and took 4 classes this summer, getting all A's. Her job at the veterinarian's office is going well with no new bites, scratches or infections. I took **John** out to dinner at my favorite Albany restaurant, **New World**



Bistro. Claire, John, and Eric Jr. (the oldest) have moved into an old row house in Downtown Albany which makes their lives easier and the rent cheaper. **Moriah** my oldest daughter is the head of banquets at **Jack's Oyster House** (also in Albany) and is doing quite well in that position.

My mother, brother Bret and sister Beth rented a beach house in Rehoboth Beach, Delaware - hopefully I can attend too next year.

What's new around the office: Welcome new



My mother, brother Bret and sister Beth.

receptionist in Binghamton, **Danielle**. We now have **Inhouse Financing** available with NO credit check and very favorable rates. **Call or text** Denise at 607/ 431-2525 for more details. My new 16 page full color booklet: "**The Guide to Laser Tattoo Removal**" is available; you can download it directly at NYSVC.com/tattoo or call and we'll mail you a copy. The **ZWave** machine is giving our staff all kinds of relief from their neck and back pain, tennis elbow and plantar fasciitis as well as smoothing out cellulite, and helping in melting fat. Our **GainsWave** Treatments are showing great results for **men's ED too**. We are up to **33 Google Five Star reviews!** Thanks to everyone who has contributed.



The book signing event and other exciting things ahead: My newest book is done done done at the printers and due back any time now. Since we had the problem with the printer over the summer, I completely revised and updated it since so many changes occur in the cosmetic world. See page 4 for more details about the book signing and dinner party too!

What I'm Reading:

The Inner Game of Tennis which helps you deal with headtrash.

What I'm Listening to:

Podcasts by *Scott Adams*, the Dilbert cartoonist.

What I'm Watching:

Watching reruns of *The Office*. I recently heard about a very funny comedian: MrsHughes.com

I am contemplating whether to continue this newsletter with 4 or 8 pages: obviously 8 pages is a lot more work. However if enough people say they want me to continue the 8 pages, I will!

So...help me decide by filling out the Newsletter Survey at NYSVC.com/newsletter.

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 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.

Dr D's (No Longer) Secret Shrimp Recipe (Serves 4)



I love to cook on the grill but hate to clean up, thankfully my wife takes care of that part. Now that summer is ending I don't want to waste those few warm days left. So I'm going to tell you my secret - foil! Packets of foil take the mess out of dinner. Simple add your ingredients and seasonings to heavy duty aluminum foil, make sure you seal the package completely, and put on the grill (or in your campfire) Most recipes take around 20 minutes to cook and it's ok to pull a package off the grill and check it (reseal and continue cooking if it's not quite done).

Ingredients:

- Vegetable oil (in spray bottle)
- 8 cups spinach, chopped
- 1 1/3 cups uncooked couscous (not pearl)
- 1 cup chicken broth
- Salt and pepper (to taste)
- 1 1/4 lbs shrimp, peeled and deveined
- 2 1/2 Tbsp fresh lime juice
- 2 1/2 Tbsp olive oil
- 1/2 cup chopped cilantro
- 2 garlic cloves, minced
- 1 tsp ground cumin
- 1 large mango, peeled and diced
- 1 large avocado, peeled and diced
- 1 medium tomato diced
- 1/3 cup red onion, chopped

Directions:

1. Preheat a gas grill over medium-high heat to about 450 degrees.
2. Cut 8 sheets of 12-inch square aluminum foil. Use 2 sheets of foil per packet, with each sheet of foil going opposite directions for each (so you should have 4 packets total).
3. Spray center of top 4 pieces of foil with vegetable oil spray. Layer spinach over each packet.
4. In a bowl toss together couscous and broth and season lightly with salt, divide couscous among each packet placing it over spinach.
5. Toss shrimp with 1 1/2 Tbsp lime juice, 1 1/2 Tbsp olive oil, 1/4 cup cilantro, garlic, cumin and season with salt and pepper to taste. Divide shrimp among packets layering over couscous.
6. Wrap foil and crimp edges to seal then grill sealed side up until shrimp and couscous are cooked through, about 12 - 14 minutes.
7. Meanwhile prepare salsa: in a medium bowl, stir mango, avocado, tomato, red onion, 1/4 cup cilantro with 1 Tbsp lime juice and 1 Tbsp olive oil. Season with salt and pepper to taste.
8. Remove packets from grill, carefully open and toss contents if desired.
9. Serve warm Topped with Avocado-Mango Salsa.
10. Make yourself a cocktail.

My Photo-Op Cocktail (Serves 1)

The Italian aperitif Aperol was all the rage this summer, in fact, I think it appeared in more instagram photos than White Claw! I think it's because Aperol cocktails photograph so well but others say it makes for a sophisticated summer cocktail. You decide.

Directions: Stir ingredients over ice; strain into a champagne flute Add a slice of grapefruit and pose for your photo!

Ingredients:

- 1.5 oz Gin
- 1/2 oz Aperol
- 1/2 oz Fresh squeezed grapefruit
- 1/2 oz Fresh squeezed lime juice



What's Happening In Our Area This Month?

All kinds of neat things including:

SEPTEMBER

2
Labor Day

5

International Day of Charity

SEPTEMBER

6
Big and Tall Comedy Show Sports Park Cooperstown

7-8

Colorscape Chenango arts festival
norwich, ny

9

INTERNATIONAL SUDOKU DAY!

SEPTEMBER

10
Binghamton Restaurant Week Starts

SEPTEMBER

11
Music at the Mansion Mark VanLaeys Wilbur Mansion Oneonta

17
Constitution Day

22

Annual Harvest Festival
THE FARMERS' MUSEUM

28

The Driftwoods b-side ballroom Oneonta

SEPTEMBER

20
Twin Tiers International Film Festival Chenango County Arts Council, Norwich

21

The Big Takeover

SEPTEMBER

24
National Voter Registration Day

27

Heroines of Abstract Expression Fenimore Art Museum, Cooperstown
FENIMORE ART MUSEUM

SEPTEMBER

18
RoberCon Roberson Museum and Science Center

SEPTEMBER

27
International Podcast Day 9/30

Summer Is Over, Let's Get Serious! It's Time To Start Treating Your Skin Better

Even when you've been following your ZO skincare routine religiously (and you are - aren't you?), everyone's skin needs a little extra work due to sun exposure. You probably know that at New York Skin and Vein Center we advise anyone with a tan against any kind of laser treatments during the summer months because excessive heat and sun exposure can lead to hyperpigmentation and even scarring!

Now that summer has come to an end, and the days are shorter, there's no better time to reverse sun damage (even if you wore SPF 100!), smooth wrinkles, treat brown spots and fade away those freckles. Because it takes a few weeks or months for new collagen to appear, beginning your treatments this month means you'll have smoother, younger-looking skin in time for all the holiday parties and family photos.

Facing Up To Sun Damage

Let's be honest, we all love to be tan! Back in the 70's, having a golden tan was considered (quite literally) the gold standard of beauty. But now that we're older, we realize that our days in the sun (without proper protection) wear not the smartest. Who was worrying about wrinkles, brown spots and uneven skin tones in our twenties? As we move into our 40's and beyond, these issues will start to become a real problem.

Laser Skin Rejuvenation



If your face or neck is discolored by sun damage or broken capillaries, the Excel V and Enlighten

lasers can remove the spots, uneven skin colors and make it clear and glowing. These lasers work well on that unsightly red mottled "t-shirt v" sun damage that appeared on your chest this summer - and can help smooth those tattle-tale, aging exposing "boob wrinkles" at your cleavage.

Get Rid of Brown Spots and Patchiness

Melasma is a common skin condition which affects only women and causes brown patches on the face. It often appears on the cheeks, bridge of your nose, forehead, chin, and above your upper lip. Melasma usually gets worse in the summer or on trips to warmer climates, so if you're noticing "patchy skin" or uneven skin tones, melasma could be the



culprit. Pico Genesis is a treatment used to "unload" or lift up the excess pigment to help lighten and blend the skin colors. Pico is the most popular laser treatment in Asia and the Middle East because of how well it works and it's safety. In fact it was just featured in the Arabian edition of Harpers Bazaar. We don't bleach the skin with Pico Genesis but give you back your natural background color so it is safe to use on all skin tones, regardless of your heritage.

Peels That Can Turn Back Time

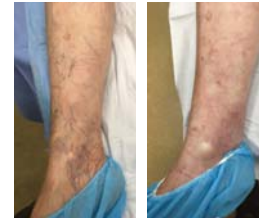
Peels can smooth even out your complexion, smooth scars, tighten pores and treat acne too. The composition and number of peels required is dependent on the severity of the problem and can vary from a simple Glow peel that merely "scrubs" off the uppermost layer of your skin, to a stronger medium depth peel. This more aggressive peel is useful for removing many damaged layers of skin safely and without surgery. We call this treatment "The Vacation Peel" because although you will need to take a week off work, after this procedure you'll return to your office looking not only refreshed and renewed, but up to 10 years younger! Best vacation ever!

Time to Tighten

September is also the perfect time to firm up loose and sagging skin. 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.

And Rid Your Legs of Unsightly Spider Veins

Did ugly spider veins prevent you from wearing short summer dresses or shorts this



year? If so you're among the millions of women who are afflicted with these pesky marks. We perform hundreds of Sclerotherapy procedures in the Fall, Winter and Spring because it's the ideal time to zap those unsightly thin blue or red veins. Sclerotherapy works best when you don't have a tan and won't be in the sun for several weeks. Call now for your free leg vein ultrasound and a FREE copy of Dr Dohner's book about Varicose and Spider Veins. Treatments are quicker and recovery much easier than you could ever imagine. You could have lovely legs again, in time for your January getaway. And while we are talking about legs...

Why Are You Still Shaving?

One of the biggest complaints we hear during the summer months is how often women need to shave their legs, underarms and bikini area. If you're tired of waxing, shaving and dissolving unwanted body hair, let's talk about laser hair removal. Laser hair removal works best with black or brown hair and minimal or no tan. As soon as your summer tan begins to fade be sure to book your consultation with our laser nurses, Kathy or Elizabeth. Treatments are quick and it only takes a few weeks to feel less stubble. You will need to have several sessions due to the hair's growth pattern but if you start laser hair removal treatments now you can be silky smooth by Christmas.



**Great looking skin in time
for the holiday photos -
what are you waiting for?
Call (607) 286-0061 for your
appointment today!**

Did you know:

- That if you have a library card you can download the **Overdrive app** and listen to books for free! I have heard that some libraries also offer **Hoopla** (free music and movies).
- Tired of ordering bras online that don't fit when they arrive? My staff are raving about "**The Bra Lab**". Apparently you order the cups, straps and backs separately and they all fit together!
TheBraLab.com.

- If you know or suspect you might have Fibromyalgia, go to TheFmTest.com to see if you qualify for a study that has a definitive test for fibromyalgia AND a new treatment for it.
- A patient of mine has the only Lilac Essential Oil farm in the world. She brought in some and it smelled heavenly: CherryValleyLilacs.com.
- That when we are in a situation where everyone starts to laugh, we instinctively look at the person we feel closest to in that group.
- Cleaning your home or work space can help diffuse feelings of anxiety.

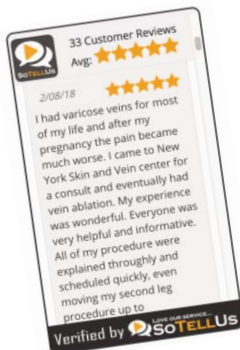


New York Skin & Vein Center
 6 Country Club Rd
 Oneonta NY 13820
 (607) 286-0061

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



SUMMER IS OVER!

- **Wow, That Was a Great Summer!**
Find Out How I Spent It On Page 1
- **The Last Cookout of Summer!**
We Have The Perfect Recipes See Page 2
- **Find Out What's Happening Around Town This Month.**
Turn To Page 2
- **Now Is The Perfect Time To Fix Sun Damaged Skin and Those Ugly Spider Veins** Learn How On Page 3
- **Pick Up Your Free Signed Copy Of My New Book "About Face" And Earn Some Dohner Dollar's Towards ANY Facial Treatment Discussed Inside It.** (Details Below).

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!



Join Dr Dohner and his Staff on

Wednesday, September 25th (in the Oneonta Office) **OR**
Thursday, September 25th (in the Binghamton Office)

For The Launch of His Latest Book

About Face: The Smart Woman's Guide To Natural Good Looks

**Dr Dohner Will Be Signing
 Copies of His Book 5pm to 6pm,
 Followed by Dr D's Fabulous Dinner
 Party 6pm to 8pm.**

As always this event is **FREE** but guests are asked to bring new or gently used coats, hats, gloves, scarves and winter boots to benefit local children in need (Ages birth to 18).

RSVP Now by calling our 24/7 Registration Hotline at 607/353-1800 or send your name/cell/guests names via email to Info@NYSVC.com, text the same info to 607/431-2525 or Go to NYSVC.com/events and sign up there!