



The NEW YOU

September 2018

INSIDER TIPS FOR A HAPPY, HEALTHY AND GLAMOROUS LIFE

From The Desk of Dr. D



Can you believe that **summer** is over already (if you want to call it summer, what with all the rain!) I will be closing up the cabin in the Poconos before end of September unless we have an Indian Summer. I hope YOU got to enjoy some outdoor fun. I played my share of tennis and got a little bit of sun damage on my arms. Shame on me! If you also spent too much time in the sun don't panic - **check out my Guide To Reversing Sun Damage on page 6** to find out how together we can get your skin back to beautiful.

Now that the cooler nights are here Laura and I are looking forward to snuggling up on the sofa to catch up on some shows (she loves **Orange is the New Black**). Check out my **Autumn Streaming Viewing Guide on page 7** for some ideas of great but lesser known shows.

So, here's the rest of the news from "Dr Dohner World": Family and Friends: Ilsa, my 17 year old (youngest of 7 children), has started college at ESF in Syracuse. She graciously agreed to having dinner with me after I offered to buy her textbooks, LOL.- at least she put her phone down to spend some quality time with Dad. Someone recently mentioned in passing that she's going to be homesick away at college

for the first time. I told them that after spending a year in Poland with Rotary International as an exchange student, there's no chance of that happening!

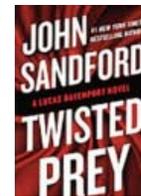
Claire is back in Albany and starting online college. She is still working at Jack's Oyster House so I gave her my old car to help her get around. **Hope** is loving California and working for Google. While I hate flying to the west coast due to the time change and length of travel, I hope to visit her at Thanksgiving. My oldest daughter **Moriah** turned 28 at the end of August and my second oldest daughter **Eleanor** is having her 25th birthday this month. With all these milestones and birthdays I'm feeling a little old (just wait till I start whining in January when I turn 60!)

I will be seeing my brother **Bret** and his girlfriend again this month and I'm planning to visit my 84 year old **mother** who is recovering nicely from her cracked hip socket. Remember that I told you I had to go and clear out my books from the farm I grew up in? Well Mom almost has the whole house cleaned out to sell and is ready to move to Delaware with my sister, **Beth**. My **Laura** has resigned her job as Executive Director of Catskill Symphony to devote herself to teaching at SUNY Oneonta (and her new love of bullseye pistol competition shooting.)

Local Businesses: **Glimmerglass Opera** finished up with a bang with **Silent Night** which we loved. Their lineup for next year looks great so get your tickets soon! We're getting ready for the **Catskill Area Hospice Gala** as I write this featuring ZZ Top, celebrity chefs, BBQ, and food trucks. One of my favorite Binghamton restaurants, **Bistro 163**, now has a dinner menu to go with their full bar. They are open for dinner Thursday, Friday and Saturday until 10pm. Their

chef won the TV cooking show **Chopped** and was awarded a Michelin star at his Manhattan restaurant. The season for classical and popular music is upon us so check out what the **Catskill Symphony** (catskillsymphony.net) and the **Binghamton Philharmonic** are offering (binghamtonphilharmonic.org)

What I'm Reading: **Twisted Prey** by John Sanford. This is his 28th crime novel about Lucas Davenport.



What I'm Drinking: changing from Pinot Grigios and Sauv Blancs to **Pinot Noirs** for the winter.

Quote of the Month

"Education's purpose is to replace an empty mind with an open one."

- Malcolm S. Forbes.



Last month **RISE** and **Family Services Association** asked for donations of Back to School Supplies for needy children and boy oh boy, did you ever respond! Our offices were full of crayons, backpacks, notebooks, pencils etc. Our charities were very grateful and we received this letter from RISE

Dr Dr Dohner:

Thank you for holding the school supplies drive for us! I am always amazed at the generosity of you, your staff and clients. Our shelter has been operating at full capacity (20 people) all Summer, so this relieves Rise of bearing the cost of outfitting several children for school, and is going to make a lot of mothers and children very happy.

Sincerely,

Nicole Barren,
Executive Director of RISE

Product of the Month: Revision Skincare Nectifirm ADVANCED is the first neck firming cream that leverages the skin's microbiome to provide age-defying results for those with moderate-to-advanced aging skin. There is one area that is admittedly overlooked by most women: the neck and décolleté. Between gravity's ever-present pull, daily sun exposure, and let's be honest - "Tech Neck", it's time to add a powerful neck cream into your mix of skin care.

Nectifirm is the number-one neck brand recommended by medical professionals. The main active ingredient, d-glucosyl gallic acid, works with the microbiome to enhance skin for a brighter, more even tone, and a blend of eight peptides helps to lessen the look of fine lines and wrinkles. Two pumps rubbed in from jawline to bra line in the morning and night is all it takes to reap the benefits, making this a simple step to incorporate into your routine. In just two weeks Nectifirm ADVANCED will blow you away with visible results. After a month-long commitment to Nectifirm ADVANCED, your crepey neck skin will be less visible, and you're skin tones will be noticeably brighter and smoother.



SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Frustrated With Your Complexion, Wrinkles, or Aging Skin? Then Save The Date: Tuesday, Sept. 25th from 6 to 9pm at Location To Be Determined</p> <p>Learn The Anti-aging Secrets That The Most Beautiful Women In The World Know! Don't Miss This Free Informative Evening Of Faces, Facts, Food and Fun!</p> <p>See page 8 for details</p>						<p>1</p>  <p>Cooperstown Blues Express <i>"It's a Moving Experience"</i></p> <p>Brian Portenziano Milford Depot Milford</p>
<p>2</p> <p>International Bacon Day</p> 	<p>3</p> 	<p>4</p>  <p>EVERY DAY!</p>	<p>5</p> <p>Steve Fabrizio Band</p>  <p>ballroom & supper club</p>	<p>6</p> <p>The Dark Girl Chronicles</p>  <p>Nia Witherspoon Brehmer Theater Hamilton</p>	<p>7</p> <p>Tales From The Empire</p> 	<p>8</p>  <p>Cooperstown Blues Express <i>"It's a Moving Experience"</i></p> <p>Becca Frame and the Tall Boys</p>
<p>9</p> <p>Rosh Hashanah Begins</p> 	<p>10</p> <p>Sewing Machine Day</p> 	<p>11</p>  <p>ARLINGTON, VA</p>	<p>12</p> <p>Big O Poetry Slam 160 Devin Devine Hunt Union SUNY Oneonta</p> 	<p>13</p> <p>Uncle Sam Day</p> 	<p>14</p> <p>National Cream-Filled Donut Day</p> 	<p>15</p>  <p>To Benefit Chenango Memorial Hospital Colonial Theatre Norwich</p>
<p>16</p> <p>National Play Doh Day</p> 	<p>17</p> <p>Film Our Constitution: A Conversation Hunt Union SUNY Oneonta</p> 	<p>18</p> <p>YOM KIPUR</p> 	<p>19</p> <p>Smacked</p>  <p>FENIMORE ART MUSEUM</p>	<p>20</p>  <p>GIVE US YOUR EMAIL ADDRESS TO GET Exclusive Email Offers info@NYSVC.com</p>	<p>21</p>  <p>Cherry Valley Biennial Kite Festival</p>	<p>22</p> <p>Family Weekend Craft Fair SUNY Oneonta</p> 
<p>23</p> <p>Autumn Equinox</p>	<p>24</p> <p>National Cherries Jubilee Day</p> 	<p>25</p> <p>The New You: Coming to Oneonta 6-9 pm RSVP NOW!</p>	<p>26</p> <p>Big O Poetry Slam 161 Caroline Harvey Hunt Union SUNY Oneonta</p> 	<p>27</p>  <p>Find Us On Facebook</p>	<p>28</p>  <p>FRIDAY, SEPTEMBER 28TH DOORS @ 7PM / SHOW 8PM September 28th @ 8PM</p>	<p>29</p>  <p>Cooperstown Blues Express <i>"It's a Moving Experience"</i></p> <p>Becca Frame and the Tall Boys</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 - Studio O: 50 Dietz St. Oneonta, NY 13820

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

We Have the Solution for Anything Your Face or Body Needs

- Tighten Turkey Neck, Batwings & Belly with ThermiTight
- ThermiVA for Bladder Control and Dryness
- Medical Weight Loss
- Acne & Acne Scar Treatments
- Excel V Laser for Rosacea, Facial Veins, Brown Spots
- Wrinkle Relaxers: Botox, Dysport, Xeomin
- Don't Just Fill Wrinkles - Look Younger with Sculptra
- Peels: for Pores, Melasma, Sun Damage, Acne
- Vacation Peel: Give Us a Week - We'll Give You Back a Decade
- Microneedling
- Instilift Weekend Facelift
- Fungal Toenail Laser
- Medical Dermatology: Acne, Rashes, Moles, Warts
- Laser Hair Removal
- Microdermabrasion, Facials
- Smooth Wrinkles, Crow's Feet Smoker's Lines with CO2 Laser
- Radiesse: Restore Cheekbones
- 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: [NewYorkSkinandVeinCenter](https://www.facebook.com/NewYorkSkinandVeinCenter)
 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: This Month

The New You - Learn the Secrets that the Most Beautiful Women in the World Know!
Oneonta Tuesday Sept 25th (location to be announced)
Binghamton Thursday Sept 27th at our Binghamton Office - Both start at 6pm

Entry Fee: As always our events are Free but this year we are asking for new or gently used KIDS Halloween costumes to benefit the clients of **RISE** in Binghamton and **Family Services** in Oneonta. **See page 8 for details.**

Next Month: Patient Appreciation Day will be a **Halloween Party with a Very Special Celebrity Guest!** Oneonta Wed Oct 24th and Binghamton Thursday Oct 25th

We Get Mail!:

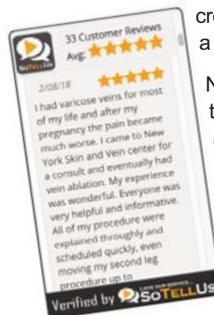
Love the people who work there. They care about the clients. They are kind and compassionate and knowledgeable -- M N

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. BTW: Summer TV is awful. If you're watching anything interesting let me know. 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



Dr D's Spinach and Quinoa Southwestern Lunch Bowl (serves 2)

My healthy spinach and quinoa salad with sweet potato, black beans and creamy avocado is completely gluten-free and easily vegan (just omit the feta) - so it's perfect for your newly vegetarian/vegan teen! This delicious salad is great for "lunch on the go" too (just make sure you bring enough for the rest of the office!)

Ingredients:

1 cup quinoa, rinsed	1 ½ lbs medium sweet potatoes, sliced into small, 1/4-inch cubes
1 bunch spinach, leaves torn into small, bite-sized pieces	2 tablespoons olive oil
2 tbsp olive oil	2 teaspoons ground cumin
1 medium lime, juiced	1 teaspoon smoked paprika
½ teaspoon salt	1 1/2 teaspoons salt

Avocado Dressing:

2 avocados, sliced into long strips	1/2 teaspoon ground coriander, optional
2 limes, juiced	Salt, to taste
2 tablespoons olive oil	1 can black beans, rinsed and drained
1 medium jalapeño, seeded and chopped	1/3 cup crumbled feta (optional)
1 handful cilantro leaves	1/4 cup toasted pumpkin seeds

Directions:

Quinoa: In a medium pot, combine the rinsed quinoa and 2 cups water. Bring the mixture to a gentle boil, then cover the pot, reduce heat to a simmer and cook for 15 minutes. Remove the quinoa from heat and let it rest, still covered, for 5 minutes. Uncover the pot, drain off any excess water and fluff the quinoa with a fork.

Sweet Potatoes: In a large skillet, warm the olive oil over medium heat. Add the chopped sweet potato and toss to coat, then add cumin, smoked paprika and salt. Stir to combine. Once the pan is sizzling, add 1/4 cup water, cover the pan and reduce heat to low. Cook, stirring occasionally, until the sweet potato is tender and cooked through (about 10 mins). Uncover the pan, raise the heat back to medium and allow the excess moisture to evaporate and the sweet potato to caramelize at the edges (about 5 mins.)

Dr's Note: If the potato starts sticking to the pan add another little splash of olive oil. Set aside to cool.

Dressing: Mix together 2 tablespoons olive oil, the juice of 1 lime and 1/2 teaspoon salt in a large mixing bowl. Combine the warm quinoa and spinach and drizzle with dressing. Toss to coat.

Avocado Sauce: Combine the avocados, lime juice, 2 tablespoons olive oil, 1 medium jalapeño, cilantro, ground coriander, and salt and chop roughly

Divide the spinach and quinoa mixture: into salad bowls. Top with sweet potatoes, black beans, a big spoon of avocado, sprinkle with feta (if using) and top with pumpkin seeds.

Chilano Special (serves 1)

Before the weather turns cold, let's raise a glass once more to the ultimate summer liquor - tequila! This smooth, slightly sweet cocktail pairs beautifully with my Southwestern Lunch Bowl. Enjoy!

3 oz. white tequila
 1/2 tbsp. creme de cassis
 1/2 oz. lemon juice
 1/2 oz. lime juice
 1/2 tbsp. simple syrup

Directions:

Shake well with cracked ice, then strain into a chilled cocktail glass and garnish with a twist of lemon peel.



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

Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Collard Greens, Corn, Cucumbers, Eggplant, Kale, Leeks, Lima Beans, Peas, Peppers, Potatoes, Pumpkins, Scallions, Spinach, String Beans, Swiss Chard, Tomatoes, Turnips, Winter Squash, Apples, Blueberries, Grapes, Peaches, Pears, Plums, Raspberries



The Hidden Danger of Having Low Blood Pressure

You probably know that advanced age is a major contributor to dementia but do you know that having low blood pressure increases your risk of developing the condition? I recently contributed to an article for a national magazine being written by Kenneth J. McLeod PhD. Dr McLeod is the inventor of Heart Partner, a device used to increase brain blood flow. Although there is a lot we can do to reduce the outer signs of aging, little has been available to counteract the internal effects of advancing age. However there is now Heart Partner by Sonostics. It is a valuable tool in the fight against age related dementia so I was happy to spread the word about it. Here are some of the highlights - the entire article can be read in this month's issue of **Total Health Magazine**.

The Brain Blood Flow Low Blood Pressure Connection

While in middle-aged people a major health concern is high blood pressure (hypertension), in older individuals, low blood pressure (hypotension) is common and can become a serious health issue, particularly with respect to brain health.

Blood pressure begins to decline around age 60, and by age 75, half of Americans have a resting diastolic blood pressure (the lower number in a blood pressure recording) below 70 mmHg. 70 mmHg is considered a critical threshold for dementia risk, as the risk of dementia more than doubles for an older individual with a resting diastolic pressure below 70 mmHg for several years or more. By age 85, two-thirds of people have a resting diastolic pressure below this level.



Dr Kenneth McLeod

According to Dr. McLeod, "The influence of low blood pressure on the development of Alzheimer's was first reported more than 20 years ago in a Swedish study of 1800 people which showed that below normal (less than 120/80 mmHg) blood pressures were associated with a 2-fold to 10-fold increased risk."

Subsequent studies confirmed the data and a more advanced, long term study was conducted over a period of 27 years that further

convinced researchers that **reduced brain blood flow arising from chronic low blood pressures is likely one of the primary underlying cause of dementia.**

Why Is Having Low Blood Pressure a Risk Factor For Developing Dementia?

The soleus muscles - located in the calves of our legs - play an extremely important role in ensuring blood return to the heart. We doctors often refer to the soleus muscle as our "second hearts." The job of the soleus muscle is to pump blood and lymphatic fluid back to the heart in our chest. As we age, it is common for the soleus muscles

to become weak and flabby and not working well enough. This allows fluid to build up in the legs during the day. The fluid build up appears as swollen feet or ankles and varicose veins.

If the fluid in your legs is not pumped back to the heart, the output from the heart decreases, leading to a drop in blood pressure, and as a result, a decrease in blood flow to the brain.

“ ..reduced brain blood flow arising from chronic low blood pressures is likely one of the primary underlying cause of dementia. ”

If you have swollen feet and ankles, throbbing, aching, "heavy" legs, unexplained fatigue, or suffer from cold hands and feet, it is possible that you have weak soleus muscles. The good news is that you can retrain these muscles easily and safely just by resting your feet on the Heart Partner for an hour each day! Great news for those office workers who are forced to sit in one place for hours on end and for the elderly who are not walking as much as they did in the past.



Dr Dohner Partners With Sonostics

Binghamton or Norwich, call 607/286-0061.

This month New York Skin & Vein Center is partnering with Dr McLeod to offer FREE blood pressure and leg vein ultrasound testing to assess your risk of developing age related dementia, varicose veins and other venous issues. **To schedule your Free Screening in Oneonta,**

The Heart Partner Unit by Sonostic



How To Reverse Sun Damage



I'm usually very careful about avoiding too much sun but this past summer my love of tennis outweighed my normal caution. As a result I now have sun damage on my forearms with brown spots and uneven skin color. So this month we're going to be talking about how to repair "overexposed skin."

Exposure to the sun is the number one cause of **premature aging**. In fact, there is a tremendous difference between chronological aging, and premature aging from sun exposure, known as "photoaging". Take a look at your own arm. Do you see the difference between your inner and outer arm? The skin on the inside of your arm is most likely smooth, without spots or discoloration regardless of the your age, while the skin on your outer arm probably has wrinkles, rough and brown patches or

looks dry due to sun exposure. Although both of these areas of the skin are the same age, they look drastically different. The more sun your skin has seen, the less youthful it will look. Over time, the sun's rays can add years to your face, neck and décolletage. Fortunately, most of that damage can be quickly and painlessly reversed.

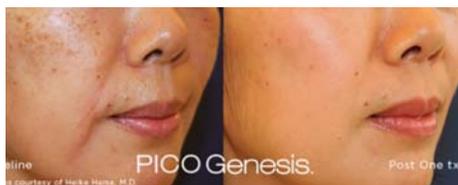
Age spots

One of the most common signs of sun damage is age spots. Some people call these liver spots, freckles, or sunspots. Anyone can develop these dark spots - not just older people, although their appearance can be worse with age, especially after repeated exposure to



the sun. Sunspots are most likely to show up on your face, chest, arms, and hands.

So how do we treat these spots? The fastest and easiest way to get rid of sun damage is with the Excel V laser. This specialized laser works just on the surface of the skin and is used to heat up and dissolve ugly unwanted brown spots. The Excel V also sealed shut blood vessels on the face especially on the cheeks and nose and chin. By going all over the face with this laser we can even out skin tone repair damage and leave you with smoother clearer and more youthful skin. During treatment your skin will feel slightly hot but we keep you very comfortable with continuous cold air which chills your skin. Immediately after treatment will feel like you have a mild sunburn for a few days. Most people will need to do this to her three times a month apart each and then once every 6 to 12 months to maintain the benefit.



Another laser we use to treat hyperpigmentation (such as sun damage and melasma ("the mask of pregnancy")) is the non-invasive laser Pico Genesis. With Pico Genesis there is no downtime and the ONLY side effect is slight redness which goes away within a few hours. The results are AMAZING! In just 3 treatments (2 to 4 weeks apart) your skin will

be healthier and look more youthful. And the results keep getting better! Pico Genesis stimulates collagen (which as you know we begin to lose as early as our 30's) resulting in firmer looking skin. Patients say that the treatment (which doesn't require any numbing solutions) feels like "rain on their faces". And Pico Genesis is safe for all light to medium skin tones - it is also safe for even "sensitive" skin.



Uneven Skin Tones and Broken Blood Vessels

A stronger treatment is called Global Rejuvenation; we use the same laser as we do for age spots (the Excel V) but at a higher frequency. This treatment is for people who have more severe problems such as accumulated sun damage and rosacea blood vessels. You will quite literally be a swollen as a pumpkin for two days after this treatment but the results are fabulous! You'll see dramatic evening out your skin tones and reduction of rosacea redness.

Wrinkles

We most commonly associate wrinkles with aging but in reality, the biggest culprit behind the development of wrinkles is extensive sun exposure. This is because the sun breaks down the collagen and fibers in the skin accelerating the normal aging process causing skin laxity and wrinkles.



Chemical peels are beneficial in the treatment of wrinkles, skin discoloration, and age spots. A variety of peeling agents can be used to produce light, medium or deeper chemical peels, depending on the sun damage

present, the amount of healing downtime acceptable, and the final result desired by the patient. Peels have the added benefit of reducing acne and acne scars, reducing the oiliness of your skin, tightening pores, while unloading the excess pigment from sun damage and brown spots. Unfortunately they do not work on blood vessels at all.

There are 3 main chemical peels available to rejuvenate your skin:

1. The **ZO stimulation peel** allows you to look fabulous immediately. This 3-step peel gives great and fast results with little to no downtime.
2. The **3 Step Peel** uses 3 steps to really tighten smooth and even out your skin, but your skin will feel like it has a "slight sunburn" so you'll want to take a few days off work after this procedure.
3. For those with greater levels of sun damage I usually recommend the **Dr Obagi Blue Peel** or as we like to call it, "The Vacation Peel". This procedure will require that you take a week off work (*and about DAY 3 you're really going to hate me*) but when your "vacation" is over you will return to the office looking up to 10 years younger - and no one will know why you look so youthful unless you tell them!

For patients with minimal wrinkles caused by sun damage I typically suggest a combination of skin peel and injectable wrinkle relaxers or fillers such as BOTOX or Juvederm to "plump up" lines, wrinkles and sagging. The results of this combination can be dramatic.

This month as my "Back-To-School" gift to you, I am offering 3 Complimentary Consultations at 3 of my offices: Oneonta, Binghamton and Norwich.

Want to discover how to **improve** your sun damage and **erase** brown spots? Call (607) 286-0061 NOW for your free skin consult. This is a visit that we normally charge \$100 for so don't miss out on this fabulous fall deal!

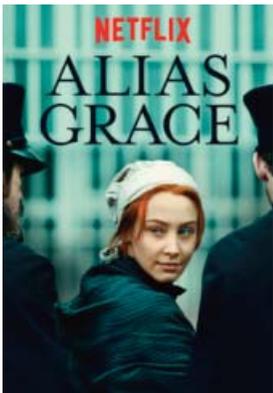
What To Watch Next?



With the rise in popularity of streaming sites like Netflix and Hulu, new definitions are beginning to creep into our everyday speech. This includes “Binge Racers” (people who watch every episode of a show within 24 hours of its release) and “Serioholics” (those who seek out a new series to binge watch)

Thanks to Roku we can access a whole host of on-demand channels ranging from reruns of old favorites to International movies, and never seen before TV shows to riveting documentaries. Everything you could want is there! If you're looking for something to do now that the nights are starting to get shorter, here are some of the most popular shows:

Netflix: Alias Grace



Grace Marks (Sarah Gadon) is serving a sentence for a murder, for which her male accomplice was hanged. However, Grace has numerous supporters, who hire Dr. Simon Jordan (Edward Holcroft) to interview her and hopefully reveal a truth that will absolve her.

Grace's story takes us from Ireland to Canada, where she worked as a servant for the wealthy man she allegedly killed. This show is no mere whodunit. As a member of the lower class and a woman, Grace has spent her life at the mercy of others. In its examination of Grace's story, her dismal past, and the shifting views society takes of her, Alias Grace weaves a tale about what it is to be a woman in a world governed by men. Based on a true story.

The show took home the Golden Globe for best comedy series for its debut season, and Brosnahan took home the statue for best actress in a comedy. This show gets extra credit for having been partly filmed in Deposit New York!

BritBox: Life On Mars

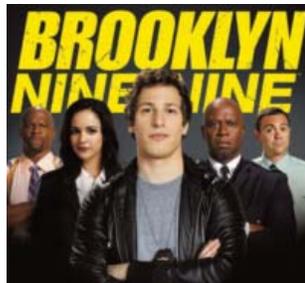
Mixing a police show with science-fiction, DCI Sam Tyler (John Simm) of the Manchester Police Department is struck by a car in the present day and awakes to find himself in the 1970s. As Sam tries to figure out what's happened



to him, he must solve crimes as a D.I. under his new “Guv,” D.C.I. Gene Hunt (Philip Glenister), whose old-school and morally ambiguous methods clash with Tyler's modern training. Sam's new life is at first confusing and frightening to him but he begins to settle into his “new job” then the “electronic voices” try to call him back to the present...

Hulu: Brooklyn Nine-Nine

Comedy writers Michael Schur and Dan Goor (Parks and Recreation) have struck comedy gold yet again with their action comedy, Brooklyn Nine-Nine. Andy Samberg stars in the show, which focuses on a fictional police department precinct in the Brooklyn borough of New York. Andre Braugher plays the yin to Andy Samberg's yang, providing dry, yet well timed humor during each episode. In just its first season, Brooklyn Nine-Nine took home two Golden Globe trophies

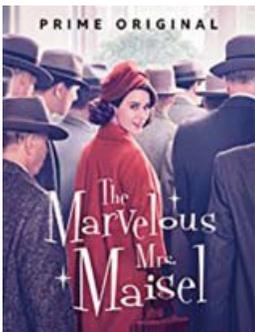


HBO: The Night Of



This gritty remake of a British movie about a Pakistani-American student who finds himself in prison after a blurry one-night stand turns into a mysterious and brutal murder. The show chronicles his descent from innocent youth to hardened inmate, with the help of prison kingpin, Freddy (Michael K. Williams) who's more than willing to provide his young protégé with some protection from his violent neighbors but at a price. John Turturro delivers an excellent performance as embattled Defense Attorney John Stone. Don't be put off by the subject matter, this is a mystery drama you don't want to miss.

Amazon Prime: Marvelous Mrs Maisel



Dedicated to her family, 1950's housewife, Midge, will do anything to help her husband, Joe Maisel (Michael Zegan), pursue his “hobby” of stand up comedy. However when Joe Maisel unexpectedly leaves her, a drunken, impromptu, and mile-a-minute scene ends with Midge being arrested, and hard-nosed venue employee Susie Myerson (Alex Borstein) taking Midge under her wing in hopes of molding a comedic diamond in the rough.

**Watching a show I should know about?
Let me know by sending your comments
and suggestions to Info@NYSVC.com**



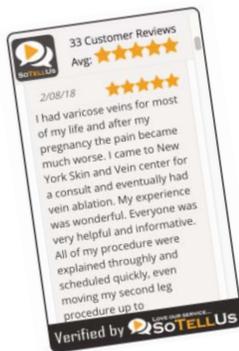
New York Skin & Vein Center
6 Country Club Rd
Oneonta NY 13820
(607) 286-0061

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



What's Inside This Issue?

- Check Out My Guide To Fall Viewing On Page 7
- How To Reverse Years of Sun Damaged Skin? Find Out On Page 6
- Dr D In The News! See Page 5
- Enjoy My Fabulous Fall Recipes See Page 4
- There's So Much Going On This Month! Check Out The Calendar On Page 2
- What's New With Dr D? Find Out On Page 1

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!

Frustrated With Your Complexion, Wrinkles, or Aging Skin?

Then Save The Date
Tuesday, Sept. 25th from 6 to 9pm
Location to be announced soon!



Learn The **Anti-aging Secrets** That The Most Beautiful Women In The World Know!
Don't Miss This **Free** Informative Evening Of **Faces, Facts, Food and Fun!**

What you can expect: Delicious Food, Cocktails, Wine, and Dessert!

- Goodies Bags of Samples and a Special Gift Just for Attending!
- Demonstrations of Wrinkle Relaxers and Fillers.
- Watch lasers in action for complexion clearing, hair removal, skin tightening, and fat melting.
- Learn how to stop the Three Parts of Aging in their tracks with fast and simple treatments.
- See How Rosacea redness can be erased with only two laser treatments.
- Meet the Representatives from Botox, Restylane, the newest Xeomin ("Botox Light"), Boletero (Filler for Fine Lines), and ZO Obagi will be here!
- Discover how you can radically transform your skin's color, tone & texture with these at home treatments.
- Prizes throughout the evening for Botox, Facials, Skin Care Products & More!
- Find out about the fabulous FIVE YEAR Wrinkle Filler: Bellafill!
- Learn all about the new nonsurgical treatment for urinary incontinence and dropped bladder!
- Watch the latest non surgical face lift with ThermiTight!
- Meet Representatives From Our Featured Charity: Family Services Assoc.

Call the 24/7
Registration Hotline at
(607) 353-1800 NOW
or email
INFO@NYSVC.com.

Enter contest for chance to WIN GRAND PRIZE of \$1000 makeover OR an evening on the town for two including hotel, dinner, and entertainment!

This is a **Women Only Event. Space is Limited! Only 75 Women Will Be Allowed In!**

As always you can expect tasty treats, wine and dessert as well as important and timely information to help you maintain your natural good looks. These events will be **strictly limited to 75 people** at each location. So **RSVP RIGHT NOW!** Call our 24/7 registration hotline at 353-1800 with your name, address and which event you're attending. Also if you are bringing friends we need to know their info too. Hurry, because these events ALWAYS fill up fast!

As always this event is free but we asking attendees to bring donations of Halloween Costumes and Accessories for kids (of all ages) to benefit those most in need through RISE in Binghamton and Family Services Association in Oneonta.