



The NEW YOU

June 2018

INSIDER TIPS FOR A HAPPY, HEALTHY AND GLAMOROUS LIFE

From The Desk of Dr. D



Father's Day this month, huh? Well, the best father's day card I ever read: **Fathers! Like your own personal ATM!** My pop was definitely not like that: we had to work for anything we got. I've tried to do that for my kids and I can say that they only ask for something if they really NEED it. My father was an industrial engineer and very strict. I still remember the time he picked me up by my ankle and wailed on me hanging upside down after he heard that I was acting up on the school bus. He died of a massive heart attack at the age of 50 right after I decided to go to med school. He thought that it was a pipe dream so I didn't get to show off my medical degree to him... One of my biggest regrets in life. My mom was only 48 when he passed and she had 3 of my younger siblings at home aged 15, 12 and 6. She never dated or re-married but devoted herself to the younger ones and is now enjoying life at the age of 83.



This month I'm putting in a patio behind our cabin in the **Poconos**, starting up the container garden, watching the **blue indigo** buntings feast at our bird feeders, and hoping for better weather. Laura has been glued to the "Owl Cam" on Wild Birds Unlimited website with a camera watching 3 baby owls growing up fast inside their nesting box. I'll be heading to Cleveland this month for a conference while Laura visits her family there and then off to NYC for a weekend. We were also invited to a Memorial Weekend party at the former farm of Doc Severinsen from the old Tonight Show in Warwick NY. I'll report back to you what it was like next month.



Family: Hope decided to 'walk' in her graduation from the masters in engineering at Carnegie Mellon in Pittsburgh in May. I was glad to be going to see this last academic journey of

her's. I got her a mechanical watch (for a mechanical engineer) to last her for the rest of her life, I hope. She also just heard that she landed a job at **Google** in California and is moving there the end of June. **Ilisa** is graduating from a home school program with a ceremony at Cedar Crest College in Allentown this month. She's then off to ESF in Syracuse in the fall. They're growing up! **Claire** is working at Bocca and Upstate in Cooperstown this summer has decided to try online college in the fall. She's the first of my kids to try this route. **John** turned 26 in May and is contemplating leaving the East Coast for Oregon and Washington state. Now I have 2 good reasons to go west!



Local Businesses: Laura and I ate at **Nachos Mexican Restaurant** in downtown Oneonta: decent food! Met the new coach of **Hill City Rollers**, the women's roller derby team in Oneonta. They're getting their act back together and have 3 meets this summer. My nurse Christina took her family to **The Bavaria Restaurant** in Sidney and loved the German food!



What I'm Reading: Just finished **The Paris Wife** by Paula McLain about the love affair between Ernest Hemingway and his first wife Hadley. I like it so much I'm planning to read McLain's book about Hemingway's third wife, Martha Gelhorn in **Love and**

Ruin. Scott Adam's thought experiment titled **God's Debris** is a quick read and really made me ponder the universe. I sent my copy to my son John and he loved it. Also working on **La Bella Figura, A Field Guide to the Italian Mind.**



What I'm Listening to: I got hooked on **Dido** and **Natalie Merchant** who incidentally lives in Woodstock.



What I'm Watching: Cobra Kai: the **Karate Kid** sequel (34 years later) pitting the arch rivals against each other again. If you loved Karate Kid, you'll love this too (on youtube red). The new season of

Archer is back on FXX and I've loving it

Staff: We found a great new receptionist. **Alexis**, to help Lovey in Binghamton: She's from New York City and adjusting to the "big city" of Binghamton. I'm happy to announce that **Amanda Lewis**,



L.Ac. of Healthy Living Acupuncture is now offering acupuncture and Chinese herbal medicine treatments in our Binghamton office! Amanda has been serving Binghamton, Oneonta, and Ithaca since 2007, providing gentle, effective care to alleviate a wide variety of conditions, including women's health, anxiety, insomnia, fertility, indigestion, fatigue, weight loss, sciatica, arthritis, migraines, acute and chronic pain, and allergies. She can be reached at alewisacupuncture.com.

Our last dinner party of the season is called **Menopause Madness**. We'll talk about all the changes that occur with menopause and what you can do to ease/ enjoy/ entertain the changes coming with this important part of a woman's life. On **Tuesday June 26 in Oneonta** and **Thursday June 28 in Binghamton**, I present many of the secrets that Jane Fonda, Goldie Hawn, and Victoria Principal use to enhance their lives in oh so many ways. Both parties start at 6pm and we'll have dinner, wine and dessert. You must **RSVP by calling our 24/7 Registration Hotline at 607/353-1800 or email INFO@NYSVC.com** with your name, cell, and any guests you're bringing. This event is DEFINITELY for women only. We'll resume our dinner parties in September.

"My father gave me the greatest gift anyone could give another person, he believed in me."

Jim Valvano (basketball player, coach and broadcaster)



JUNE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Attention: Golfers, Tennis Players and Moms... Worried About Your Legs? Find Out if You're at Risk! If your Legs Ache, Throb, Swell, Cramp, Jump at Night, Feel Heavy or Tired, Itch, have Rashes, Ulcers, or Clots then it's probably a Vein Problem that can be CURED in just a few minutes right in the office. And you'll be back to work and play in just a day! Call (607) 286-0061 for a Complimentary Leg Vein Ultrasound Today! Not Ready for Appointment or Ultrasound? Visit our website NYSVC.com or Call for Dr. Dohner's Book about Healthy Legs!</p> 	<p>Art Exhibit: Art Exhibit 2018 The Mansion</p> 	<p>Jennifer Westword and the Handsome Devils</p> 				
<p>Garden Hacks at The Farmers Museum Cooperstown</p> 	<p>Dance Lessons Studio O Series 1. Beginners 5:15-6:15pm Series 2. Level II 6:30-7:45pm Each series \$40 pay ahead Drop in \$12 50 Dietz St. 607-432-7878</p>	<p>GUARANTEED SATISFACTION GUARANTEED</p> 	<p>Paul Durgala</p> 	<p>National Chocolate Ice Cream Day</p> 	<p>Name Your Poison Day</p> 	<p>Women's Rights Vignettes Guided Tour</p> 
<p>NATIONAL ICED TEA DAY</p> 	<p>Dance Lessons Studio O Series 1. Beginners 5:15-6:15pm Series 2. Level II 6:30-7:45pm Each series \$40 pay ahead Drop in \$12 50 Dietz St. 607-432-7878</p>	<p>Red Rose Day</p> 	<p>Sewing Machine Day</p> 	<p>Art in Bloom Floral Exhibit</p> 	<p>Family Tour</p> 	
<p>Happy Father's Day</p> 	<p>Dance Lessons Studio O Series 1. Beginners 5:15-6:15pm Series 2. Level II 6:30-7:45pm Each series \$40 pay ahead Drop in \$12 50 Dietz St. 607-432-7878</p>	<p>National Kissing Day</p> 	<p>Soap Making Workshop</p>  <p>THE FARMERS' MUSEUM</p>	<p>Summer Solstice</p> 	<p>Homeschool Day</p>  <p>THE FARMERS' MUSEUM</p>	<p>Rosanne Cash</p>  <p>Glimmerglass FESTIVAL</p>
<p>Swim a Lap Day</p> 	<p>Dance Lessons Studio O Series 1. Beginners 5:15-6:15pm Series 2. Level II 6:30-7:45pm Each series \$40 pay ahead Drop in \$12 50 Dietz St. 607-432-7878</p>	<p>Menopausal Madness Dinner Workshop</p> 	<p>Sunglasses Day</p> 	<p>Paul Bunyan Day</p> 	<p>Camera Day</p> 	<p>f</p> <p>Find Us On Facebook</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.themagiccitymusichall.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: June dinner party - **Let's Do Menopause!** Everyone knows about hot flashes and crankiness but did you know that menopause affects your hair, skin and weight too? Attend my Menopause Madness Dinner Workshop because sometimes change can be good. Learn about easy ways to take care of this life transition! **Tuesday 26th June - Oneonta** and **Thursday 28th June - Binghamton Office** From **6pm to 8pm** Both Events

We Get Mail! I am very grateful to have found out about the New York Skin & Vein Center located in Binghamton. Dr. Dohner, along with his professional staff, have started solving the many problems with my leg veins as well as the challenges with my face and neck areas. I had a laser treatment performed on my face to start the removal process and healing of my multiple brown spots one week ago. I am amazed at the results!! Every day I am noticing the improvements getting better. It was an easy and painless procedure. I purchased some of the ZO products to enhance my laser treatment progress and I love them. I am scheduled to have Dr. Dohner perform the varicose vein treatment later this month. I am looking forward to the positive results when it is completed, especially releasing the terrible daily leg pain. **Rita Carr, Binghamton**

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.

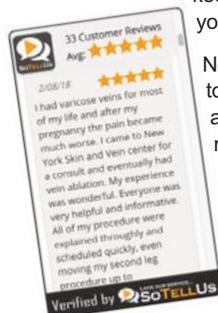
Some of you I see often, some of you come in every three months and few of you only once every few years - so we can go a long time without seeing you. And lot can happen in a year or two! This newsletter is my way of

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.

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

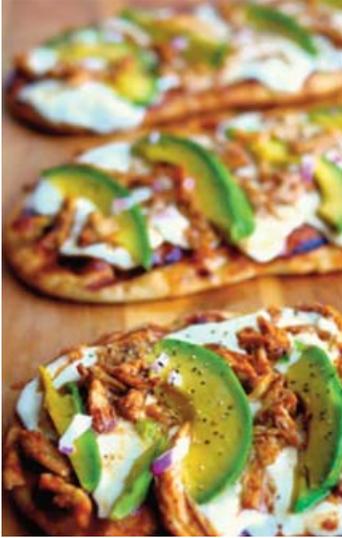


75 Pennsylvania Ave., Binghamton

Dr D's No Fuss Father's Day BBQ

Let me tell you a thing or two about dads 1) We worry about you (a lot) no matter how old you get 2) We never get enough sleep 3) Father's Day ties are great but what we REALLY want is to hang out in the yard, eat bbq and spend time with the family. Here is a recipe my own kids used to make for me (back before they started making enough money to take their old dad out for dinner). Because it uses a lot of pre-made/bought ingredients it is easy for even the youngest child to help prepare.

The Dohner Kids BBQ Chicken Naan Bread Pizza (serves 6)



Ingredients:

6 Naan bread
(available at Price Chopper,
Weiss and Wegmans)
Olive Oil for basting

Bottle of your
favorite BBQ Sauce
1 lb fresh Mozzarella slices
1 Rotisserie Chicken, shredded

3 avocados, sliced
1 Red onion, finely chopped
Black Pepper to taste

Directions: Preheat the grill on high. Brush both sides of the naan bread with olive oil. Turn off the bbq completely and place naan bread on the grill surface (if you want grill lines on the naan place a heavy object on top of the bread) Heat both sides for 2 minutes, remove and let cool slightly.

Lightly coat one side of the naan bread with bbq sauce, fresh mozzarella slices and chicken shreds. Top with red onion and avocado slices.

You will want to grill the pizza over indirect heat only, using your grill as more of an oven. In other words, if you have three burners, only preheat two for this next step. If you have two burners, only preheat one burner. Place layered pizza on the side of the grill that is not lit. Close the cover and let cook until the toppings are melted to your liking, about five minutes. Remove, sprinkle with black pepper and cut into slices with a pizza cutter.

What goes best with bbq food? Bourbon of course!

Trust me, once Dad tastes this manly cocktail, he will never ask you to bring him beer again!

The Gold Rush (serves 1)

Ingredients:

3/4 oz honey syrup
(See Dr's Note)
3/4 oz lemon juice
2 oz Buffalo Trace bourbon

Directions: Combine ingredients in an ice-filled shaker. Shake well and strain over rocks in a double old fashioned glass. Garnish with a lemon twist.

Dr's Note: To make honey syrup combine 3 parts honey to 1 part hot water. Stir until dissolved and store at room temperature. One batch should keep for two weeks.



Did You Know:

- Bourbon has been officially recognized as a "Distinctive Product of the United States". On May 5th 1964, Congress officially declared that bourbon be known as America's Native Spirit. (all the more reason to enjoy bourbon with your bbq).
- For a whiskey to be properly labeled as a bourbon, most purists will tell you it has to come from Kentucky. Others will say it simply must be American.
- Bourbon must be created from a mash (a mixture of fermentable grain) that is at least 51 percent corn. The other 49 percent is usually a mixture of barley, rye, or wheat.
- Bourbon must be aged in new American oak barrels (whereas many types of whiskey, like Scotch whisky, are often aged in barrels that have previously held wine, port, other whisk(e)y, and so forth).

- Bourbon must go into the barrel at no more than 125 proof and it cannot enter the bottle at anything less than 80 proof.
- Finally, for it to be bourbon, nothing but water can be added, and that is only at the end to proof the whiskey down to what the distiller is seeking.



And The Award For Best Bourbon Goes To...

Considered by many to be the world's finest bourbon, **Pappy Van Winkle's** Family Reserve is the stuff of legends. Pappy hunting is now a pastime among bourbon fans, and while any Pappy is good Pappy, the 20 year's old is the best by far. With a sweetness and rich finish that is impossible to beat this is truly bourbon at it's finest. Sadly, it's \$100 an ounce (when you can find it) but fear not, we have it - from informed sources - that Pappy's also bottles Buffalo Trace (nowhere near as expensive and still pretty darn good!)



Surviving Menopause

(Or “Why Didn’t Anyone Tell Me About This”)

A lot of women in mid-life come to see me complaining of what seems to be a sudden and worrying loss of muscle tone (especially in their upper arms), unusual hair growth, acne to rival any teenagers and even worse “overnight weight gain”. Menopause is so much more than hot flashes and mood swings (though gaining a couple of dress sizes in a few months is enough to make anyone feel blue) Their lament is always the same, “Dr D, make it stop!” While I can’t actually stop menopause (I’m good but I’m not THAT good) I can help slow or even reverse the visible signs of aging

Overnight Weight Gain

One of the hardest parts of aging for most women is the sudden weight gain they experience as they enter menopause. Once you pass 50 it takes more than skipping a few lunches to drop a dress size now it takes work - a lot of work! But what do you do when “regular diets” aren’t enough anymore? Forget what you’ve read in popular magazines - fat is not your enemy, and calories are merely a unit of energy. Carefully weighing every morsel of food is not only time consuming it’s downright depressing. When it’s time to lose pounds and maintain a healthy weight it’s time for a medically supervised diet program. My **New You Weight Loss Plan** is based on actual medical research and - if you follow the program properly (it’s not difficult and you will still be able to eat a lot of the same foods you already enjoy) you will regain your premenopausal weight.

The Muffin You Don’t Want

Sometimes, even with a smart eating plan in place, it can seem almost impossible to rid yourself of that midlife muffin top. When no amount of exercise will move that stubborn fat roll it’s time to consider Vanquish, a safe, effective laser that targets engorged fat cells and shrinks them back down to size. Treatments are painless (patients say that it feels like a hot stone massage) and completely safe. Most women need x treatments before they see the full effect of the treatment but once you see the results you will wonder why you put up with that donut roll for as long as you have.

Chin and Upper Lip Hair

Most women agree that with the exception of hair on your head, smooth bristle free skin is the only way to go so it can be disheartening to see facial hair develop. There is nothing sexy about scraggly chin hair on a woman, or the appearance of a mustache! **Laser hair removal** is now faster and more effective than ever. Treatments very comfortable and because we have the very latest equipment right in our offices, we are now able to treat hair shades that were once considered impossible. So while you’re in the office why not ask about removing that unsightly bikini line, underarm and leg hair too?

Bat Wings

Your arms have lost their firmness and anything sleeveless makes you look like you’re about to take flight? You’re not alone! Patients tell me that loose arm skin is one of the top 5 things they hate about getting older so what are you going to do about it? When exercise alone is no longer enough it’s time to consider Exilis. **Exilis Ultra Body Sculpting** is a safe and effective skin tightening treatment that will firm up loose skin not just on your arms but almost everywhere on your body. What’s great about Exilis is that no anesthesia is needed and there is no downtime. Optimal results are achieved after just 6 sessions. Each session takes 30 minutes and you can go back to your daily routine (including work) with no signs that you’ve had a procedure. Don’t throw out your favorite sleeveless dress - firmer, more youthful arms could be in your future. Call today for an appointment.

Vacation Peel

Bonnie Raitt had it right when she sang that “those lines can be pretty hard to take when they’re staring back at you”. We all know that as we age our skin begins to lose elasticity but throw in all that accumulated sun damage and free radicals (those *** radicals!) and the result can be pretty hard to face, Deep lines around the eyes and mouth can add a decade or more to your appearance leaving you wishing that you’d never spent that crazy summer at the lake but thankfully, advances in skincare and treatments means that we now have several methods of reversing time including, my personal favorite, **The Vacation Peel**. This treatment is a commitment, you are going to need to take a week off work and around Day 3 (when your skin really starts to peel) you’re going to hate me but by Day 5 you will begin LOVE the way you look and by Day 7 most people say that they literally look 10 years younger. So, give me a week and I will give you back a decade. Think about that - no more haggard vertical facial lines, clear smooth skin and an overall softening that screams “youthful!”

ThermiVa

One of the most awful things that can occur at menopause is weakened bladder function (pee when you laugh yet?) UGH! Many, many women have confessed to me that the biggest “change” at midlife is that they can no longer hold their urine the way they used to. And usually, once we start having that conversation we progress to their most devastating secret - vaginal dryness is causing painful sex and destroying their intimate life. Let me tell you right here and now - there is no need to live that way! Just as men have viagra, women can regain their mojo with **ThermiVa** a non surgical non hormonal tightening treatment that has helped thousands upon thousands of women get back their giggle.. Please stop suffering in silence. If you need help with diminished bladder or sexual function make an appointment with one of my highly trained nurses (all of whom have had ThermiVa treatments themselves) and find out how this simple, safe and pain-free procedure could help you.

Hair loss

Thinning hair is not just something that happens to men; a significant number of women struggle with thinning hair at menopause and beyond. Until recently your only option for hair loss reversal was a topical treatment (which work fabulously if you continue to apply the lotion but the effects are instantly reversed once application is discontinued) but now there is a new and very impressive treatment available right here at NYSVC - **PRP treatments** which use your own blood to stimulate hair growth. Blood is drawn and then your own platelets are injected into your scalp using a super thin needle. Treatments aren’t painful and the results are impressive with a significant improvement in hair density and stimulation of growth after just a few sessions. So if you’re beginning to notice a significant amount of hair in the shower drain call now for a confidential assessment.

Be sure to attend my **Menopausal Madness Dinner Party** this month in Oneonta and Binghamton to learn more. [See details on page 8!](#)

Spotlight On: SUMMER FASHION

Almost every women's magazine in America is cooing over the jumpsuit for Summer 2018 but unless you're Christy Brinkley the result is more likely to leave you looking more like an extra in "Orange is the New Black" than a fashion model! I mean seriously, how many women do you know who can pull off THIS look?



Let's get real here - summer is supposed to be about beaches, cocktails and FUN - not being mistaken for an escapee! So we looked around (you knew we would) for the perfect clothes to pack for your vacation and here's what we found:



Must Have Summer Dresses

www.lulus.com Turquoise floral print wrap front maxi dress \$70 On left.

www.lulus Wear was a quick beach cover up or dress up for drinks in the hotel bar with the addition of a statement necklace, this easy to wear summer dress deserves a place in your suitcase. \$52



Forgiving Swimsuits

If (like many women) you avoid swimsuits because of tummy and tush "issues" this side tie suit could be the answer you've been looking for! The versatile tie front covers a multitude of sins and creates a pleasing silhouette and the built in soft bra keeps things "under control" \$49.99 **www.target.com**.



This wrap-style suit emphasizes an hourglass shape, and its Smooth & Slim mesh lining smooths and shapes your tummy. Adjustable shoulder straps can be worn cami-style or cross-back for added support or when you're in the water. \$38 **www.oldnavy.com**.

Flattering Shorts

If like many women, you avoid wearing shorts because you're never quite sure which length is right for you here is a little tip: Lay your arms down by your sides. Where do your fingertips end? That's usually a comfortable minimum length for wearing shorts. Generally, the longer your leg in comparison to your body length, the shorter you can go when wearing shorts. Beware of baggy shorts unless your tummy is flat and your waistline toned.

These black Culotte Shorts With Lace Hem from **ASOS** are delightful and inexpensive at just \$23.00 Easy to wear with their high rise and stretch waistband, we think these are the perfect summer short.



There is so much to love about these striped Sailor Riviera shorts from **www.loft.com** including the smooth waistline, and the cute side buttons. Best of all they are only \$59.50

Comfortable and forgiving, these classic cargo shorts from Style & Co for **Macys.com** are the ideal summer vacation

short, taking you from morning coffee to sightseeing without sacrificing style \$46.50 **www.macys.com**



Comfortable Sandals

Teva Women's Olowahu Flip-Flop - Smart travelers will tell you that THE MUST HAVE vacation footwear is the Teva Women's Olowahu flip flop. Available in 38 colorways, this comfortable flip flop won't slip, slide or rub (it even has a padded supportive base and a non-slip sole) Though not cheap for a flip flop (prices start at \$39.95) your feet will thank you. **www.amazon.com**



Sanuk Women's Yoga Sling Flip-flop - Looking for the perfect summer sandal? Something dressy enough to wear with a nice dress out to dinner but also look great with a pair of shorts and a T-shirt? Try the Sanuk Women's Yoga Sling Flip-Flop. The 'strap' material is stretchy enough to accommodate moving around and walking, and



supportive enough to feel like these shoes won't fall off. And the cushion is squishy without being too squishy (if you know what we mean) You can walk all day in these babies! Available in 24 colors starting at \$24.00 **www.amazon.com**

Why “Dad Bod” Isn’t Hot And Other Things Smart Men Need To Know About Their Appearance

I've been reading a lot lately about how “Dad Bods Are Hot!” This was great news to me after all, if one kid makes you a hottie imagine what being the father of seven does for a man! As you can imagine I REALLY wanted to believe what I was reading but some of it is pretty hard to swallow including statements like these:

Beer Belly's Are Sexy (Oh yeah? I think not!)



As a doctor I can tell you that the ONLY thing a beer belly is is a health hazard!. Excessive weight around the stomach, back and flanks contribute to heart attacks, diabetes and increased risk of stroke - none of which are sexy. So, as much as the idea of being a roly-poly sex symbol appeals to - well pretty much every man on the planet - the truth is that guts aren't good. But you know what women really find hot - a man who takes care of himself (because health and longevity are important for not just your waistline but also your loved ones). Look, getting back into shape is going to take a little work but real men aren't afraid of a challenge right?

Start by making smart food choices and no, that doesn't have to mean starving yourself (make an appointment with me to learn more about my **New You Weight Loss Program**) and make time for daily exercise. You'll thank me when your insurance premiums go down (and Cosmopolitan magazine declares, “Hard Bods Are Hot Again!” come Fall)

Hair is In! (Maybe - but Neanderthal is not!)

While well-groomed hair and beards can make a man look distinguished, excess hair (especially on the neck, shoulders, and back) can make a man look unkempt. And while we are on the subject - hair bumps and shaving rashes aren't too hot either Since man first came out of the cave we have been fighting unwanted hair with a daily scraping ritual (which none of us enjoy) hasn't the time come to get rid of all that excess fur once and for all? **Laser Hair Removal** has never been quicker or less painful than it is today.



The Cutera HR (which is the hair removal system we use exclusively) is a quantum leap improvement in hair reduction lasers. The cooling system is the best I have ever seen which gives superior protection for all skin types - from lighter skin to more heavily pigmented skin. And the pulse duration can be varied, which is great for getting lighter brown and finer hairs (like those on your shoulders and back). The Cutera HR is simply the best device on the market.



Manly Odor (No one likes “stinky”)

There's a fine line between a man smelling “like a man” and releasing an odor so strong that he repels everyone within a 10-foot square. Damp shirts and wet armpits are embarrassing but what's a man to do? Not just for relaxing facial lines, **BOTOX** is also

a highly effective treatment for excessive underarm perspiration. If antiperspirants just aren't strong enough to control your underarm “leaking” make an appointment to find out if **BOTOX** might be the relief you're seeking.

“Gym Face” (It's like game face but grumpier)

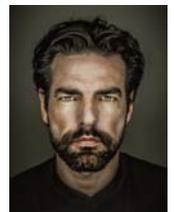


While we're talking about appearances, let's talk about those frown lines between your brows and the marionette lines cutting into the edges of your mouth - yeah THOSE lines! No, they're not making you

look distinguished - all those hours of hard work, sweat and fears you've been putting in at the office and that time you spend outdoors (including mowing the yard and throwing a ball for the kids) are most likely causing you to develop heavy facial lines (and not to freak you out dude but also certain cancers so get your skin checked out regularly too) Want to take off up to a decade of worry lines and furrows? Make an appointment to talk about **BRO-tox**, **fillers** and something really interesting that we call the Vacation Peel (seriously dude, all you single guys will be catching the eye of women 10 years younger after this treatment) because looking younger isn't just for women anymore.

Face Facts

And while we are talking about faces - I have never once watched a movie (or read a book) where the hero was described as “pock-marked” or had those little red veins running about his nose. Taking care of your skin isn't a sign of some implied “weakness”; these days “real men” care about the way they world views them. Women aren't the only ones checking out your appearance - you're also being judged by potential employers or that new client. So how your skin looks isn't about vanity, it's actually important for your bottom line! Brown spots and facial redness is easily treated with top of the line medical lasers **Excel V** or **Enlighten Pico lasers** (both of which are available at NYSVC). Treatments aren't painful and you can head back to work right after your appointments.



And while we are talking about faces - If you do nothing else for your skin I highly recommend that you use the **ZO skincare line**. ZO was developed by world renowned dermatologist Dr Zein Obagi and independent studies show that these aren't your drug store potions. Regular use of ZO will help keep your skin naturally smooth, strong, firm, even-toned, hydrated and free of disease (and helps reverse many signs of aging too) We know that choosing skin care can be confusing so to take the guesswork out of which products you're supposed to use (and when) call for a confidential skin assessment.

This month I am offering **3 Complimentary Cosmetic Consults** (worth \$100) only to Fathers. Call **607/286-0061** to schedule your consult now!



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



- Find Out What's Happening Around Town On Page 2
- Turn to Page 4 For Father's Day Recipes The Kids Can Cook!
- You Knew About Hot Flashes But Why Did No One Tell You About All That Other Menopausal Madness? We Break It Down (and Offer Some Solutions) On Page 5
- Looking For Summer Clothes Designed For Real Women? We've Done The Legwork. See Page 6
- Still Think "Dad Bod" Is Hot? Read Page 7
- What's Up 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!

Join Me For My Last Dinner Party of the Season!



Struggling With All Too Much "Change"? Weight Gain? Thinning Hair? Bladder and Intimacy Issues?
(And a whole bunch of other things no one told you to expect in Menopause) Then You **MUST** Attend

My Menopause Madness Dinner Party

You will enjoy dinner and wine and dessert and hear all of your options for the issues that occur during this time of life. Bonnie Drum will also show you how to **Wake Up with Makeup!** You'll get to make new friends with other women in your situation. We'll also have goodie bags and prizes all evening long!

This event is **STRICTLY** for women and due to space constraints **I must limit this party to 45 attendees.** If you would like to be at this informative and important event you must RSVP immediately to ensure your place at the table. Feeling a little shy? Bring a friend! Call our 24/7 Registration Hotline right now at **(607) 353-1800** or email Info@NYSVC.com with your name and phone number and any friends you're bringing.

Date and Time:

Oneonta Office: Tuesday, June 26th
From 6pm to 8pm

Binghamton Office: Thursday, June 28th
From 6pm to 8pm