



The NEW YOU

August 2019

INSIDER TIPS FOR A HAPPY, HEALTHY AND GLAMOROUS LIFE

Natural Good Looks and Healthy Legs: Our Specialty!

From The Desk of Dr. D



The August Newsletter is a short one this month since we're all trying to soak up the warmth and sunshine of summer. At least summer finally did arrive and if I hear one more person complain about the heat, I'll probably scream! (For those of you hating the heat remember - winter in Upstate NY is a mere 10 weeks away... But for now I'm enjoying life and my lettuces and herbs are coming up nicely; it's also great to have local corn and tomatoes. Most of our cooking right now is on the grill. Check out my shrimp recipe on Page 2; I think you'll love it! .

Family: I took Claire and a friend of hers to the Dave Matthew concert in Saratoga in July on her birthday - what a great time we had. She's now 22 and moving in the right direction with getting her degree and career. (BTW Claire had a second serious cat bite that got infected from her work in a vet's office - talk about dedicated to her work!) That same weekend I drove down for my mom's 85th birthday party at my brother and



sisters house north of Philadelphia - crazy busy weekend. We played croquet Kreiser style and I came in second. My mother, Elaine, looks and feels and acts great. She's loving living with my sister Beth in Delaware and is relieved not to have to take care of a big farm and a large garden anymore. I still have her very last sweet potato sprouting in my backyard. Speaking of farms, last month Ilsa got a job on an organic farm for several weeks - the verdict is still out as to whether or not she likes it. I took her to see **A Streetcar Named Desire** in at Albany Distillery Company in Albany. It was great! Also my farm in Delaware County is still for sale - see it at **CallahanCatskillRealestate.com** and look for 304 Stoddard Road Hamden NY.



Around the Office: Say hello to our new Receptionist, **Danielle**, in the Binghamton office. **Nicole**, our Oneonta Ultrasound Tech, has returned from maternity leave. We're happy to see her back and looking forward to seeing more baby pictures of her son Troy.

How I'm Spending My Summer: Playing tennis and working on some great new ideas for Fall (don't miss an issue of Dr Dohner's New You because we have some really neat things coming up you need to know about!).

Yes, my new Book "**About Face**" is at the printers and we're having a **Book Signing Party** on **Wed Sept 25 in Oneonta** and **Thursday Sept 26 in Binghamton**. Both start at 6 pm and we'll have hors d' oeuvres, wine, drinks, and fun. If all goes according to plan, we will have a special guest as well, but I don't want to jinx it so "Mum's the Word!" 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** or Text the same info to **607/431-2525**.

Call Today! Don't Miss Out!



This is going to be THE EVENT OF THE SEASON!

(our parties are legendary so if you'd like to attend don't delay because seats ALWAYS fill up fast!)

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**.



“The Kids Are On Their Way” Summer Shrimp (Serves 4)

As a busy doctor I don't always have the time to make an elaborate meal. So, when the kids give me short notice that they're on their way to visit, I pull out my grill and serve this delicious shrimp dish. Five ingredients and Five steps. Dinner's ready when they walk in the door! And Dad looks like a Food Network Star! For extra points pair with my outstanding Spiced Rum Rickey cocktail.

Ingredients:

13.5 ounce can coconut milk	1/4 cup Sailor Jerry's Spiced Rum	2 tbsp fresh squeezed lime juice
1/2 cup light brown sugar (packed)	2 lbs large shrimp (peeled and deveined)	Long wooden skewers (soaked in water)

Directions: In a large bowl, combine coconut milk, brown sugar, rum, and lime juice. Whisk until sugar is dissolved. Divide into 2 portions and reserve half for the glaze. Add shrimp mixture to portion 1 and gently coat. Gently coat in marinade. Cover and refrigerate for an hour. Thread refrigerated shrimp onto pre-soaked skewers. Discard marinade. Grill shrimp over medium heat until pink. Remove from grill and brush both sides with glaze (see below). Serve with your favorite salad. Quick and easy!

To Make Shrimp Glaze: place reserved mixture in small saucepan over low-medium heat. Bring to a simmer and, stirring constantly, allow to thicken slightly, until reduced to about 1/2 cup. Remove from heat.

Dr D's (Really Good) Spiced Rum Rickey (Serves 4)

In an ice filled cocktail shaker: add rum, lemon cordial (recipe below) and lemon juice. Shake and strain into a Highball glass filled with fresh ice. Top with club soda. Garnish with a lemon wheel and maraschino cherry.

To Make Lemon Cordial: add a quart lemon juice to a quart of granulated sugar and 5 lemon peels in a container and let sit overnight. Remove peel and add 1oz of spiced rum to the cordial. Bottle. The cordial will keep in the fridge for several weeks.

Ingredients:

- 1 1/2 parts Spiced Rum (Captain Morgan's, Sailor Jerry)
- 1 part lemon cordial (see recipe below)
- 1/2 part lemon juice
- Club soda



AUGUST

1 - 24

The Glimmerglass Theatre Festival
Glimmerglass Opera House Cooperstown

AUGUST

2-4

Lend Me a Tenor
Foothills Oneonta

AUGUST

2-4

Spiedie Fest
Otsiningo Park
Binghamton

AUGUST

6-11

The Chenango County Fair
Chenango County Fairgrounds Norwich

AUGUST

12-17

Delaware County Fair Walton & Bouckville Antique Fair, Madison

AUGUST

9 - 26

Billy Bishop Goes To War
Franklin Stage Company, Franklin

AUGUST

8-10

Kirkwood Town Fair
River Park, Kirkwood

AUGUST

7

Vestal Town Picnic
Arnold Park, Vestal

16 - 17

The Chenango Blues Festival
Chenango County Fairgrounds, Norwich

9-26

Treadwell Expo of Art,
Treadwell, Delaware County

What's Happening In Our Area This Month?

All kinds of neat things including:



These “Eye Opening” Procedures Can Take Years Off Your Face

They say that the eyes are the windows to the soul; that might be true but they are also tattletales - because they give your age away to the world! So this month let's talk about all the easy and safe ways we can restore the skin around your peepers leaving you looking refreshed and well rested (and your friends wonder if you've found the fountain of youth).

ThermiSmooth



This amazing technology also works well on those fine lines around the edges of your eyes. Firming the skin and stimulating collagen production to smooth the “crinkles”. However, if you do also have dry eyes think of this treatment as a “two for one” treatment-yay! Dry Eye Syndrome (DES) occurs when your eyes can't produce enough quality tears to correctly lubricate eyes. While dry eyes are often a part of the aging process (it is very common to develop dry eye syndrome at Menopause) it can occur at any stage in your life. and if you're dealing with dry eyes you know how annoying and uncomfortable it can be! **ThermiSmooth**, a safe, proven procedure, helps treat dry eye syndrome by stimulating blood and lymphatic flow and is also thought to stimulate the nerves that produce tears.

There's no surgery involved in ThermiSmooth treatments which means no pain (patients often say that it feels like a warm massage). There's no downtime at all (so you don't need to use up precious vacation days). And best of all, ThermiSmooth is safe for all skin types and tones!

Brow Lifts and Wrinkle Relaxing



Sagging brows and crow's feet do nothing to enhance your eyes so if you're beginning to notice that your eyelids look a “little heavier” than they used to, or you are seeing fine lines turn into crows feet, it's time to consider Botox. Botox works by putting muscles to sleep, relaxing wrinkles and smoothing out the skin for a refreshed appearance” and when expertly placed, can almost immediately take your brows from “grumpy looking” back to gorgeous.

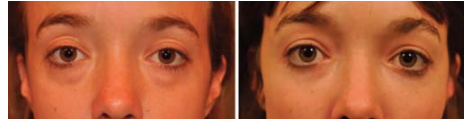
Botox is also used to fill in the “elevens” - those annoying lines that appear between the brows as the result of a combination of repeated movement over time, loss of elastic tissue as we age, and genetics. These stubborn frown lines can make even the happiest person look cranky and upset.



Tear Trough Filler

Dark circles and hollowness under the eyes are very common problems which can result in a drawn, exhausted appearance that adds years to your face. Fortunately it is easy to repair both of these problems by adding tiny droplets of

Restylane via painless tiny needles into the dark hollows.



Restylane is a clear gel formulation of hyaluronic acid which is specifically formulated to act just like your body's own natural hyaluronic acid). When injected into the undereye area Restylane works to smooth out hollows and reduce the appearance of dark circles, making you look like you've never missed a minute of beauty sleep! Restylane is also effective for reducing deep tear troughs that extend from the eyes through the middle of the cheeks. And can also be used in combination with Botox to lift the browline for a more open eyed appearance.

The Madonna Eye Lift



The Madonna Eye Lift is the newest way to life and smooth sagging skin around your eyes. Employing fractional technology (treats only a fraction of the skin at a time) the **SmartXide DOT** laser uses specially modulated beams of light (no thicker than a single human hair) deep into the skin creating fullness and tightening skin to raise your eyebrows back into their original position and plumping up skin and smoothing out wrinkles for a more open eyed and youthful appearance.

Eye Creams

I highly recommend that all my patients over the age of 25 use a high quality, medical eye cream to reduce the signs of aging (yes, your eyes start to puff, line and droop much earlier than you might have realized). The two products I prefer are: **Intense Eye Creme by ZO** is a targeted retinol eye treatment designed by LA dermatologist Dr Zein Obagi to **reduce wrinkles and fine lines** while improving overall complexion and skin texture. Optical diffusers reduce dark circles and puffiness, help diminish the appearance of fine lines and wrinkles by reflecting light and protect the skin from free radical damage.

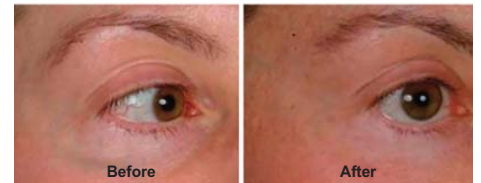


Hydrafirm Eye Brightening Repair Creme (also by Dr Obagi) is specially designed for the delicate eye area.



Helping minimize the multiple signs of aging, including **puffiness, dark circles** and fine lines. Hydrafirm Eye Brightening Repair Creme supports the skin's natural elasticity, reduces the appearance of puffiness and softens the appearance of fine lines.

Blue Eyes Around Your Eyes



Many patients are concerned about unsightly prominent veins under and around their eyes. These superficial veins are called periorbital veins and they start at the bridge of the nose and stretch to the eye region. When we are young these veins are barely noticeable to the human eye but as we age they often begin to protrude causing very visible bulging blue veins. For some patients this is just an unattractive cosmetic problem, for others these veins can cause real discomfort (especially on hot days, or after a shower). In the past, treatment for periorbital veins included micro-phlebectomy (surgical removal of the visible vein) which is a very delicate procedure with the potential to lead to scarring. Surgery around the eyes can be frightening for many patients so I prefer to use **Sclerotherapy**, which eliminates visible periorbital veins around the eyes (without risk of scarring); leaving you looking (and therefore feeling) younger - with no downtime.

Another, non-invasive treatment for overly prominent veins is the **Excel V by Cutera**.

This award winning laser incorporates two proven wavelengths – 532 nm and 1064 nm. The Excel V system can be used to treat a wide range of vascular conditions, is perfectly safe and produces excellent results.



Your eyes are the first thing that people notice about you so let them show the world your vibrance and youthfulness. **Call 607-286-0061 “Eyes on the Prize” appointment.**

This month only we are offering 3 Complimentary Consults with Dr Dohner at each office to see which treatment is right for you!



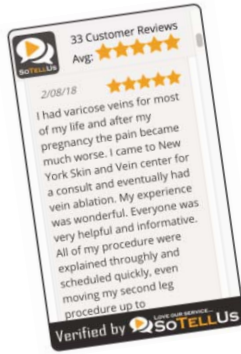
New York Skin & Vein Center
6 Country Club Rd
Oneonta NY 13820
(607) 286-0061

Also at:
157 East Main St
Norwich NY 13815
(607) 286-0695

150 Broad St
Hamilton, NY 13346
(315) 750-1470

6 Franklin Rd
Walton NY 13856
(607) 865-5800

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



SUMMERTIME!

- Find Out How Dr D Is Spending His Summer On Page 1
- Fast and Delicious! Try Dr D's Quick Spiced Shrimp Dish. See Recipe On Page 2
- What's Happening Around Town? Lot's! Check Out The Highlights On Page 2
- These "Eye Opening" Procedures Can Take Years Off Your Face

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!

Did You Hear?

Dr D Has Written His 5th Book And There's Going To Be A Release Party!

Join us as we help Dr D celebrate his latest book
"About Face"* at a Book Signing Party at **6pm-9pm.**

**Wed Sept 25 in Oneonta and
Thursday Sept 26 in Binghamton**

**This is going to be
THE EVENT OF THE SEASON!**

(our parties are legendary so if you'd like to attend
don't delay because seats ALWAYS fill up fast!)

We will have a special celebrity guest (details to be announced soon!), cocktails, hors d'oeuvres, giveaways, way too much fun and of course Dr D will be in attendance to sign advance copies of his book!

This event is **FREE** but you must **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** or Text the same info to **607/431-2525.**

*All proceeds from the sale of Dr Dohner's book will be donated to local women's charities RISE in Broome County and Family Services of Otsego County.

About Face

The Smart
Woman's Guide
To Natural
Good Looks
By Dr Eric Dohner

