

# The MAN-ual

A Repair Guide

For Guys Model Years 1951-1989



Dr Eric Dohner's  
**“The MAN-ual”**  
A Smart Guy's Guide  
*and feeling*  
To Looking ^ Great At Any Age  
Eric Dohner, MD

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**Other Books by Eric Dohner, M.D.**

**How to Get the Healthy Pain Free Good Looking  
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Good Looks

**The Ultimate Tattoo Removal Guide**

**ThermiVA Patient Information Guide:** The New  
Solution to Female Incontinence, Dropped Bladder,  
Vaginal Dryness, and Pelvic Looseness

## About The Author



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After receiving his medical degree from Temple University School of Medicine, PA, in 1989 Dr Dohner completed his residency at Strong Memorial and Highland Hospital at the University of Rochester, NY. He is also board certified by the American Board of Venous and Lymphatic Medicine (ABVLM) and also certified as a Registered Phlebology Sonographer (RPhS). He is a member of both the American Society of Lasers in Medicine and Surgery and the American Society of Venous and Lymphatic Medicine. NY, and also served as Chief of Medicine for Delaware Valley Hospital in Walton, NY for many years.

His outstanding training and expertise has enabled Dr Dohner to help thousands of people - just like you - lead more confident, active and healthier lives.



## **Dedication**

This book is dedicated to the thousands of men who have passed through the doors of New York Skin and Vein Center looking for answers and wishing there was a “repair manual” for male skin. Well, now there is!

And to my son's, Eric Jr “Biggie” and John, who have taught me the real meaning of being a man. Love you guys!

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## Foreword

***“Hollywood is more concerned about its male actors being in shape than its female actors.” ~ Vin Diesel, Movie Star***

Once a taboo subject, it is now common for regular guys like you to seek solutions to your face and body issues. Every day I see men who tell me that they hate their acne scars, awful tattoos, hairy backs, double chins, and those painful shave bumps!

If you've been feeling “less than your best” lately, don't worry, there are a bunch of treatments available that are guaranteed to make you look and feel better about yourself - and take off a few years too!

Looking good isn't just for women. It's ok for you to take better care of yourself. You don't think anything about having a gym membership, eating healthy, or spending a lot on a good haircut. These are things your Dad would never have done and as a result, he didn't look as good as you do at the same age. So why were you so resistant in the past to taking care of your skin, which is your biggest organ? It didn't make sense but now that you're ready to take the first step by reading this book, I'll help you choose the right path to improving yourself. So listen- if you're not liking what you see in the mirror, don't worry because you “know a guy” ...



## Chapter: 1 Let's Face It

*"Looking good isn't self-importance;  
it's self-respect."* ~ Charles Hix, Author

Acne, pimples, and blackheads aren't just a feminine issue. The same testosterone that gives you bigger muscles and a competitive edge also gives you oily skin. And because excess oil causes inflammation it often results in blocked pores, whiteheads, blackheads, large pores, and pimples.

As you get older you also have to deal with sun damage, broken capillaries, uneven skin tones, liver spots, wrinkles, heavy brow and unwanted hair.

So it's important to take care of your complexion (a real girly word until now) because having clear,

smooth, even-toned skin, free from sun damage and broken capillaries makes you look younger and sexier. Because we know that looking younger (and sexier) gets you that promotion, attracts the love of your life, and gives you the confidence to be the man you've always wanted to be.

So now that you see how important it is to take care of your complexion, it's time to introduce you to the **single most important thing you can do** to achieve better looking, younger skin:

### Your Daily Skincare Routine

Wait (you're thinking) "Skincare? I thought this was a book about the fast and easiest ways to look and feel better." Well, it is, but I'm here to tell you that

this skincare regimen (which you will use for the rest of your life) is a crucial part of everything we will be discussing in this book.



So.. real men use "product" - it's that simple! Skincare by itself will give you clear, oil and pimple-free skin that makes you look healthy and youthful.

This is one of those places where "buying cheap is expensive" so toss that bar of soap and put down the

drugstore acne cream because, to have great looking skin, you have to invest in yourself.

In my medical opinion, ZO Skin Health is the only skincare line worth spending your hard-earned money on. Developed by an LA dermatologist, ZO offers unscented, easy to use products that stop outbreaks and scrub away dead skin cells, leaving



your face smooth and kissable (because that's the end game, right?)

Your Daily Maintenance Routine should include:

1. **ZO Skin Health Exfoliating Cleanser.** Your face needs a high-quality cleanser to rid your skin of dirt and oil, and unclogs pores.
2. **ZO Dual Action Scrub** You should also be using a facial scrub at least a couple of times a week to keep your skin looking and feeling smooth. What I like about this dual-action scrub is that it doesn't just exfoliate your skin, it also has a 12-hour time-release antioxidant

complex of (encapsulated vitamins A, C, and E) to help protect your skin from free radical damage preventing the signs of premature aging.

3. **ZO Daily Power Defense DNA Repair** If you're over 40 or have irritated skin, you need to add Daily Power Defense to your routine. This is NOT a moisturizer but an antioxidant that combats free radical damage tightens and firms your skin, and promotes general skin health.
4. **ZO Retinol** As we age we need extra help to stimulate new skin cell growth. Retinol helps improve skin's brightness, reduces the look of brown spots, and helps provide an even color.



### 5. **ZO Daily Sheer Broad Spectrum SPF 50**

You didn't get to your age without knowing that you need to protect your skin against the sun. This broad-spectrum lotion is non-greasy and water-resistant.

Sounds time-consuming and girly? This routine literally can be done with your morning shower and your evening teeth

brushing for a total of 4 minutes per day.

If this is your first time using more skincare than just soap, ZO offers a couple of great starter kits that are easy to use (and the perfect size for travel). Most medical offices that carry ZO products are more than willing to offer you a skincare evaluation to make sure that you're using the right products, in the right sequence, for your skin type.

### **Just The Facts, Doc**

- Working on your complexion is the most important thing you can do to look younger and sexier.
- Daily skincare is essential for smooth clear blemish-free skin.
- Using the right skincare daily will improve your skin by at least 50%.
- So how do you get the other 50% improvement? Read on...





## Chapter 2: Out Damned Spot!

*"Come out, damned spot! Out, I command you! One, two. O.K, it's time to do it now."*

~ Lady Macbeth

If you hate the way your skin looks because you have red or brown discoloration (aka liver spots) then this chapter is for you. You know that those spots or redness or scars are very distracting and stick out like a sore thumb. And it's possible to get overly obsessed with them. Thankfully there are many ways to get rid of them.

Before talking about the solutions, let's talk about the problems going on with your skin. There are



several conditions that can cause discoloration and scarring, including:



**Rosacea.** A condition in which the blood vessels in your face swell. Rosacea is sometimes mistaken for acne as it can also appear as small, red, pus-filled bumps. If left

untreated some men (like actor W.C. Fields and President Bill Clinton) develop a bulbous nose which many people associate with excessive alcohol consumption.



**Broken Capillaries** As we age the walls of our veins swell and carry more blood which causes spider veins to appear on the face. The condition can be exacerbated by hot showers, cold air, spicy foods, exercising, or

drinking alcohol (all the stuff we really love).



**Acne Scars.** Many of us think of acne as something teenagers struggle with but in reality, many adult men continue to suffer due to our natural testosterone which makes skin oilier. Most pimples heal and leave no residue but cystic acne tends to leave behind disfiguring pits and scars. In fact, the number one reason men call my office is because they want to heal their acne and have smoother, scar-free skin. (See Chapter 4 for more about acne scars).

**Brown Spots** At first you think it's just a freckle, then it gets bigger and darker and you have to face it (literally) - you my friend, have liver spots! Yup, just like your father and grandpa before you. But unlike them, you don't have to live with seborrheic keratosis.

**Sebaceous Hyperplasia** are white oil glands which are very common in men with oily skin (Remember in Chapter 1 we learned that testosterone gives us oily skin). As we get older, these oil glands get bigger, becoming more obvious and unattractive.

**Moles.** Let me start by saying that moles are usually (but not always) benign. Any new moles or changes in shape or color of an existing mole should always be evaluated by a doctor prior to any cosmetic treatment.

If you've started to notice that you are developing any of these conditions it's time for **Excel V Skin Rejuvenation**. The **Excel V** is the most advanced laser available and is ideal for treating redness, brown spots, sun spots, and other discolorations that can appear on the face or body, It may be just what you need to repair skin damage caused by sun, wind, and aging.

And while we are discussing the sun...

### **Your Yearly Inspection is Due!**

One of the biggest causes of skin cancer, wrinkles, and aging is sun damage. Chances are you spend a lot of time outdoors playing sports or working in the yard so it's important that you make time for a **yearly skin examination** to check for skin cancer.

This exam is covered by most insurance so call your dermatologist's office now!

### **Just The Facts, Doc**

- Broken capillaries, a red swollen nose, and liver spots are aging you
- Fast, painless and affordable laser treatments can remove all of the barriers to clear, healthy and more youthful looking skin.





### **Chapter 3: Reducing The Appearance of Scars**

*"Children show scars like medals.  
Lovers use them as secrets to reveal."*

~ Leonard Cohen Singer/Songwriter.

The number one reason men consult with me is to discuss their scars. It's not true that we see them as "medals", most of us feel embarrassed and "held back" by our scars. For many men, they are exactly what they think they are - disfiguring.

Scars are so diverse that there are actually five different types of them:

- **Ice-pick** – deep, narrow, pinprick type scars from acne
- **Saucers** – these scars are typically wider depressions with sloping edges caused by acne
- **Boxcar** – these scars have depressions with sharp edges (also from acne) and look like someone has stamped out a piece of skin
- **Atrophic** – can be flat, thin scars or depressed This type of scar is the result of surgery or trauma
- **Hypertrophic (keloid)** – thick lumpy scars most commonly found on the chest, shoulders, and ears are from surgery, trauma or piercings

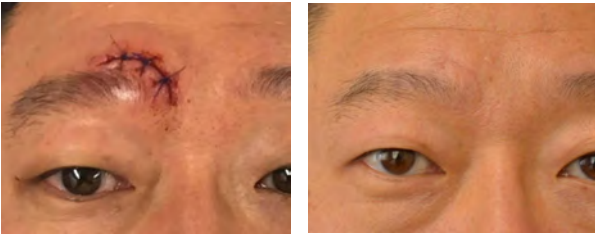


There are so many different types of scars and treatments for them that I could write an entire book on this topic alone. Therefore, an individualized comprehensive treatment plan is necessary and could include the following:

1. Topical medications can be used to turn over the skin cells and smooth out scars while they are new.
2. Injections into raised scars to flatten them
3. Vascular lasers to reduce redness and discoloration
4. CO2 Lasers to smooth out raised scars and irregular textures (such as those found from burns)
5. Minor surgery such as subcision to lift up depressed scars
6. Filler injections like Bellafill to fill in depressed scars
7. RadioFrequency Microneedling to smooth raised and depressed scars and improve texture



Fortunately, we can now reduce the appearance of most scar tissue



### Filling in Acne Scars

Rolling or Saucers or stretchable scars



**Just The Facts, Doc!**

- There are many different kinds of scars, each requiring a different treatment.
- Most scars require a combination of treatments to smooth them out
- It will take several appointments to reduce the appearance of your scar.
- You can expect at least a 50% improvement in the appearance of your scar.





#### **Chapter 4: Not Just The Hair On Your Chinny Chin Chin.**

*"Body hair. You know when you're swimming as a kid and you want to crawl on your dad? None of us went anywhere near him. My god, a beaver! Everyone out of the pool!"*

**~Jon Stewart, Comedian**

As men get older we often lose the hair on our heads and develop it in places we'd rather not have it. But no matter what age you are, you can still have smooth shoulders and a hairless back, banish painful shave bumps, and get rid of that unwanted hair "down below".



So stop waxing and shaving because there is a more successful and permanent way to “defuzz” and banish stubble forever. But before we get to the solution let’s talk about **Puedo folliculitis barbae** (AKA shave bumps). If you have curly hair chances are you’re probably suffering from them but do you know why they form? When you shave you’re cutting the hair before the skin surface (razor burn anyone?). A few days (or hours if you’re hairy like me) later, that hair tries to grow back through the skin but can curl back on itself creating bumps and abscesses which can be a real pain.

**Laser hair removal** will permanently destroy the hair follicle preventing regrowth and therefore those annoyingly painful bumps and razor rash.

**Excel HR** is the newest and best hair removal laser available and it’s safe for all skin types and shades. This high powered Nd:YAG laser gives a fast and comfortable treatment allowing you to lose the hair



you don't want from your back, shoulders, even your neck - yup, no more neckbeard!

### **A Word Of Caution!**

Recently we have seen an increase in storefront spas offering low-cost laser hair removal.



These shops typically have inferior machines, operated by non-medical personnel. Having treated several patients who have undergone "laser hair removal" in such places, I urge you - **don't get**

**burnt by inferior lasers.** You might think you're saving a few bucks but as a wise man once said, "Sometimes buying cheap is expensive!" Medical grade lasers are the most efficient hair removal system available and completely safe when in the hands of a properly trained medical professional. So, invest wisely in yourself.

### **Just The Facts Doc!**

- Most men want smooth, hairless backs, necks and shoulders.
- Shave bumps are a real medical problem which can result in abscesses and scars
- Laser hair removal is a fast, safe, and painless way to achieve the smooth, hairless appearance you desire.
- Laser hair removal should only be performed by licensed medical professionals.



## Chapter 5: To Bald Or Not To Bald...

*"I still never get recognized. Small, bald white guys like myself - we all kind of look the same" ~ Moby Musician*

The only thing worse than having too much hair (on your back and shoulders) is not having enough on your head! Bald is beautiful (or so those of us "past the point of no return" tell ourselves) but when you begin to see all that hair in the drain it's shocking and disappointing. Sure, you can buy a fast car to



make up for your “loss” (maybe that’s where the term “Chrome Dome” comes from) but trust me my friend, no car - no matter how much you spend on it - is going to put hair back on your head. Don’t give up! There are many great ways to hold onto your hair (even if your brother has given up on his). These days the smart guy gets to choose if he wants to “to bare all” or keep his mane.

You know that there are treatments out there which can reverse the signs of balding, but many are painful, costly and require an extensive time commitment. Those procedures are so 1990 - the latest and greatest non-surgical treatment is faster, easier and painless. Let me introduce you to PRP

### **PRP (Platelet Rich Plasma) Hair Restoration**

This is a completely natural solution for hair loss in which we use your own blood, draw off the growth factors, stem cells and rejuvenating platelets and reinsert them into the thinning areas on your scalp. The procedure is effective, painless and affordable. No need to prep for surgery and you can go back to work immediately. Best of all, your coworkers won’t know that you’ve had the procedure (unlike hair plugs), you’ll just start naturally regrowing (and retaining) your own hair.

PRP is performed in the office on an outpatient basis and doesn’t require anesthesia, incision or other “evidence” of treatment. There’s no scarring to worry about and because we use your own blood you can be sure that this procedure is 100% safe.

And with PRP we can treat multiple areas at the same time!

PRP works best for men who are at the beginning of hair loss, are suffering from immune-related hair loss or struggling with alopecia. But even if you're fighting extensive hair loss you could still be a good candidate; however, you may require a greater number of treatment sessions.

So what are you waiting for? It's time to get noticed again! Call for your PRP consultation today and **Retain Your Mane!** Oh, and Moby - we are expecting your call!

#### **Just The Facts, Doc**

- You can prevent hair loss and thinning.
- PRP uses your own plasma with no risk of side effects or adverse reactions.
- Treatments are: effective, natural and affordable.
- There's no surgery involved (no incisions or anesthesia required)
- Faster healing tissue regeneration means that you can return to your regular routine quickly.
- More than one area may be treated to stop shedding and increase existing growth and retention.





## Chapter 6: A Wrinkle In Time

*"You are looking at yourself, but you don't recognize yourself. It's a shock. The person you see is older, and heavier, and has wrinkles." ~ David Wakefield, Author*

Have you noticed that women aren't smiling at you lately? It could be that your face has settled into deep lines that make you look old, grumpy, and less virile. There's nothing sexy or youthful about wrinkles so stop fooling yourself into thinking that

they make you look rugged - they don't! No woman ever said. "I love his caveman look"

**There are 3 types of wrinkles:**

1. **Excess Muscle Motion** Have you noticed deep horizontal lines across your forehead that make you look like a neanderthal? You can develop these as early as your 20's.
2. **Loss of Volume** As we get older we lose fat and collagen from our faces and the skin and muscle become thinner. This can cause hollows under your eyes, sunken cheeks, a weak jawline, or a receding chin.
3. **Fine Lines and Crepey Skin.** Sun damage, smoking, sleepless nights and too much booze can all cause these types of wrinkles.

**Wrinkles from Excess Muscle Motion are treated with Wrinkle Relaxers** such as **Botox, Dysport,** and **Xeomin**. Many men (including some famous

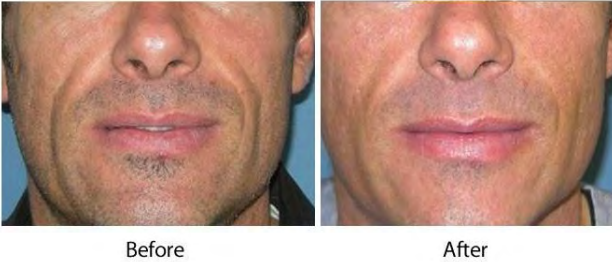


actors) now include "Bro-Tox" in their personal maintenance arsenal. Wrinkle Relaxers work by putting the overworked muscle to sleep which results in the smoothing out of

unwanted lines on your forehead and those deep grooves between your eyes. Wrinkle relaxers can also be used to raise a drooping browline and erase crow's feet for a fresher, younger-looking face. And (less commonly) Botox can be used to reduce the embarrassment of hyperhidrosis by blocking the nerve impulses which are responsible for telling the sweat glands to produce excess sweat.

**Wrinkles from volume loss require fillers.** As you age you begin to lose the definition from your face which can result in a “drawn” or “exhausted” expression. This is where fillers work best. They can be used to reverse the appearance of eye hollows, sunken cheeks, and indented temples.

Always wanted a movie star jawline - the kind of profile women swoon over and men admire? Just because you weren't born with a distinguished chin doesn't mean you can't attain one. Fillers can also be used to create a stronger looking jawline - no surgery needed.



It is important to note that unlike invasive surgery, both wrinkle relaxers and fillers are not permanent. You will require routine “top-ups” to maintain the benefits. Think of it like getting an oil change. You should plan to come in every 3 to 6 months for wrinkle relaxers. Some fillers require “tweaking” at between 12 to 18 months while some last as long as five years. Ask your doctor which filler is appropriate for you.

**Fine Lines and Crepey Skin** are smoothed out by resurfacing. This can be accomplished with peels, laser resurfacing, or the latest and greatest: Radiofrequency Microneedling which uses tiny stainless steel needles along with radiofrequency energy to tighten skin and stimulate collagen production for enhanced results.

### **Just The Facts Doc!**

- Wrinkles make you look old and no one wants that!
- There are 3 types of wrinkles, each requires a different type of treatment
- Wrinkle relaxers like Botox (Bro-Tox), Dysport, and Xeomin smooth out wrinkles on your forehead, between your eyes, and your crow's feet.
- Crepey skin and fine lines are smoothed out with resurfacing treatments
- RF Microneedling requires little downtime and works great on acne scarring.







## Chapter 7: Stop Taking It On The Chin!

*Nobody would say, "I'm voting for this guy because he's got the stronger chin, but that, in fact, is partly what happens"*

~ Daniel Kahneman, Author and Psychologist.

Have you noticed that your jawline is beginning to feel a bit - well, "soft" lately? Somewhere around age 45, many men begin to notice a little extra "fluff" under their chins and let me tell you, none of us like it! Now you could just grow a beard and try to hide it but that's not going to cut it. "But Dr D, I hear you say, "I like my beard, it's manly." I'm not disputing that I myself sport a fine goatee, but the bad news is

that a beard won't actually hide your chubby neck and double chin. No sir! The only way to reclaim your chiseled chin is to get rid of that excess fat either with Kybella or Liposuction.



**Kybella** is a safe injectable that can give you back your chiseled features. Fat deposits under the chin are the second biggest concern for men. But why suffer when in just a few treatments, Kybella can tighten your jawline permanently. That's right - when the fat is gone it's GONE for good! You could be looking like George Clooney (in his Batman suit) in just a few weeks. Bring your chin to your doctor's office for a Superhero profile assessment and you'll be wowing them in no time.

**Liposuction** isn't just for your butt and belly; impressive results can occur when liposuction is used to treat a double chin. Performed under a local anesthetic, neck liposuction is quick, effective, and permanent. You could be back at work in a few days, with a chin as rugged as a Dudley Do-Right.

Sometimes tightening up your neck is not enough to improve your profile. If you also have a receding or weak chin, a quick treatment with a filler like Restylane can give you the strong masculine jawline you crave.

### **Just The Facts Doc!**

- A weak jawline (or double chin) makes you look less masculine
- Removing excess fat from your neck will tighten your jawline and improve your profile
- Kybella and liposuction will dissolve or remove excess fat
- Fillers like Restylane can further sharpen your jawline and redefine your receding chin.





## Chapter 8: It's Time To Get Your Mojo Back!

*"I've lost my mojo!"* ~ Austin Powers

If you're having problems with ED you're in good company because half of men start experiencing "issues" by midlife. While it's usually older men who have diminished erections, we often see younger men who are also suffering from this embarrassing disorder. If you've been noticing "changes in the bedroom" lately, don't just mourn the loss of your virility - there are ways to treat it.

It's estimated that at least half of men over 40 suffer from erectile dysfunction (which is why there are so many of those little blue pill ads on tv). Did you know that 80% of ED is caused by decreased blood flow to the penis? So anything that improves blood flow can bring your erection back, including Viagra™. But what happens when those pills don't work? Until recently the treatments we had were injections or surgery - neither of which are enticing options - but now we have GainsWave.

**GainsWave** is a painless, non-invasive treatment that uses acoustic waves to repair damaged blood vessels improving blood flow and ultimately your erections! This drug and surgery-free procedure only takes 15 minutes and is the closest thing to a cure for ED currently available.

**Ok, The P-Shot is an injection** (I know you just winced) but it's safe, effective, and natural - and (don't worry) you don't have to inject yourself! The P-Shot uses your own blood cells which are then introduced into your penis. This promotes tissue growth, blood flow, and enhanced erections.

The P-shot and Gainswave are used to treat many conditions including: Erectile dysfunction, Peyronie's disease, and decreased sexual satisfaction.

When Mike Myers' character, Austin Powers, lost his "mojo", he had to go on a complicated journey back to 1966 to retrieve it - thankfully all you have to do is call my office. (No time travel involved!).

#### **Just The Facts, Doc!**

- ED is usually caused by decreased blood flow
- It can affect men of any age.
- The key to a better erection is improved blood flow which can be achieved by GainsWave or The P-Shot.







## Chapter 9: Love Handles and Beer Bellies

*"I was never really happy with my image and then I realized it was because I was eating fried food and drinking beer every day. You don't have to kill yourself by getting into shape. Just eat right and don't drink every day."*

~ Ed Sheeran, Singer/Songwriter

Ed's right! Don't kill yourself getting into shape" but be aware of the health issues of being overweight.

A sensible diet is essential to a long life. I'm not gonna lie here - once you lose the weight you're still going to see pockets of diet and exercise-resistant fat especially around your waist. But don't let that derail your weight loss plans because **Vanquish**, an FDA approved, non-surgical body contouring procedure, can easily melt those stubborn inches and reshape your abdomen.

Vanquish uses radiofrequency energy to target the fat layer under your skin, using heat to destroy those unwanted fat cells. There's no anesthesia, pain, or downtime associated with the treatment and you will see the results within a few weeks. Vanquish is perfect for the busy man who cannot take time off from work and is willing to wait to see results.



Before and After Vanquish to Love Handles

Everyone knows that **liposuction** is the tried and true way to remove localized fat and get near-instant results. It's still the fastest way to get rid of the most fat in the shortest period of time. Did you know that lipo can be safely performed in my office for much less than going to the hospital? You'll have to take off a few days from work but the results are worth it.

So what are you waiting for? It's time to regain your 6-pack because (my staff tells me), "Dad Bod is so 2019!"

#### **Just The Facts, Doc!**

- Belly fat isn't just making you look less attractive, it's also a health issue.
- It's nigh impossible to spot reduce fat, especially around your midsection.
- Melting or liposuction removal of excess belly fat can give you back your 6 pack physique.





## Chapter 10: Rethink Your Ink

*"I woke up in bed and the first thing  
I Googled was, how do I get this  
thing off me?"*

~ Liam Payne Singer (One Direction)  
talking about his tattoo

At 22 we don't really understand the term "permanent". We live day by day. We fall in love at midnight - and out of it by morning. We change our majors and our jobs without much consideration. We want fast cars (and women) and why not - we're young! And of course, we immortalize our passions

in ink. “Permanent? Yeah, right! My roommate eventually got that ‘permanent’ marker off his forehead didn’t he?”



If your tattoo belongs back in college or to the time before you met your significant other, you have one that didn't quite turn out the way you wanted, or maybe you just want to make room for something you love (like -you know, your **ACTUAL FOREVER** significant...)



The **Enlighten Laser** can quickly and effectively erase your past mistakes.

Don't waste time and money on inferior lasers offered in storefront "spas". The Enlighten is the best tattoo removal laser on the market and it's available only at premium medical locations. The Enlighten Laser is safe for all skin tones and can remove almost all ink colors. It's affordable and painless too.

Stop taking flak from your present love for having your ex's name on your chest/arm and um, "less visible places...". No need to run for cover. We can make your ex completely disappear - GONE! Like it never happened!

#### **Just The Facts Doc!**

- Tattoos don't have to be forever.
- The only effective way to remove or fade a tattoo is with the Enlighten laser.
- The Enlighten is safe and painless for all skin tones.
- It can remove almost all tattoo colors.





## The Last Word From Dr Dohner

*"People say that age is just a state of mind. I say it's more about the state of your body."*

~ **Geoffrey Parfitt Actor and Producer**

So, as you can see, men have (pretty much) the same skin and body issues as women. Unfortunately, most men don't know what to do about their self-care problems - but now you do!

When I first opened my practice In 2001, we were known as Oneonta Laser Derm but within a few years we were so busy I found myself with 4 offices in 4 different counties! The Oneonta Laser Derm name was no longer applicable so we became The New York Skin & Vein Center and are now known as the premier skin and vein Institute of Upstate New York and the region's most comprehensive skin and vein care center. We offer over 15 lasers and radiofrequency devices to treat both cosmetic and medical issues (including varicose vein treatments) and now see clients coming from as far away as New York City, Albany, and Syracuse for appointments.

If you're interested in making an appointment to see me, (or one of my highly trained medical providers) to address your skincare, body, or ED issues, call the office and tell them 'Dr D sent you.' We offer discrete appointments that fit into your schedule including Saturday and evening hours.







# Hate your acne? Regret your tattoo? Struggling with scars? Wondering how you can get healthier, more attractive skin but not sure who to ask?

Eric Dohner, M.D has been at the forefront of skin and vein medicine for over twenty years and in his latest book on the subject of skin health and vein health, "Dr Eric Dohner's The Man-Ual" he lays out exactly what men need to know about restoring damaged skin, fixing unwanted tattoos and healing erectile dysfunction. No crazy fads, just real science written in everyday language. Man to man. A real man's repair manual for skin and veins. Natural. Healthy. Safe.

*"There is absolutely nothing to be said in favor of growing old. There ought to be legislation against it.*

**Patrick Moore** Astronomer and Author

## **What readers are saying about Dr Dohner and The Man-ual:**

I struggled with acne and (as a result) low self-esteem for years; mostly because I didn't think that it was "masculine" to take care of my skin (I'm a contractor). One day my sister gave me one of Dr D's books and I ended up making an appointment. No more breakouts and I'm getting way more dates" **John B.**

"I don't see what's wrong with a man wanting to look good. That's why I go to the gym. Why not take care of my skin too?" **Bob C.**

"My wife hated that I had my ex's name tattooed on my chest. For our first anniversary, I had Dr Dohner remove it. Treatment was less painful and more affordable than just getting another tattoo over the top and my wife would always know it was under the new one anyway.." **Patrick T.**