

DR. ERIC DOHNER'S

The New You

Insider tips for a healthy, wealthy and happy life | April 2012

PROM FOR MOMS CONTEST WINNERS!

Grand Prize Drawing

(Night on the Town) ... Kathy Galvin
Best Cocktail Dress Teri Austin Conant
Best 60's Gown Kathleen Glavin
Best 70's Gown Joan Tomaselli
Best 80's Gown May Griffin
Best Vintage Gown Vivian Walker

Barb Stephenson

Sexiest Gown Sheila Geer

Best Prom Hair Kathy Conway

Best Prom Hat Brenda Fleming

Best Tux Ed Conway

Most Complete

Registration Form Elsa Travisano

VIP Letter Wendy Wade

Most Newbies Connie Dean

Traveled Farthest Rosa Kays

See Back Page for More Winners!



The staff of the New York Skin & Vein Centers welcomed more than 150 "Moms" to the Oneonta Prom for Moms.

at 3 p.m. to get in the door and have a good time. The entrance fee was clothing and items for infants and toddlers under 2 years old. More than 500 items were collected and were given to The Family Services Association for families in need.

The first part of the event held at the Dietz Street office was fairly sedate with snacks, prizes, free facials and massages, demonstrations, and goodie bags. Everyone got to see BOTOX and Juvederm demonstrations for wrinkles. Dr. Dohner spoke about the modern treatment of varicose and spider veins as well as laser treatments of brown spots, broken capillaries, excess hair, sagging skin and more. There were also demonstrations of Shellac Nails.

At 6 o'clock, the party moved to Stella Luna for dinner, drinks, psychic readings, prom photos and manicures. (Hundreds of photos were taken and will be posted on www.oneontalaserderm.com.) At 8 pm the men were allowed in and the dancing began. The band, *Just Throw Money*, had everyone on the dance floor all night. Amber Perkins from Perkins Dance Studio brought along six male dance instructors to get the party started. Dr. Dohner danced much of the night with Savannah, the 2 year old daughter of our aesthetician, Courtney.

The celebration ended with the staff of Stella Luna kicking us out and looking forward to the next party in the fall.



More Than 500 Gifts Are Collected at Prom Fundraiser

It was as wild and crazy as Oneonta can get on Friday, March 23rd at the New York Skin & Vein Center's Proms for Moms Patient Appreciation Day party. The women's only event had participants lined up

Available at the New York Skin & Vein Centers

- Acne and Acne Scar Laser Treatments
- BOTOX and Dysport
- Cellulite Thermage
- Chemical Peels
- Fungal Toenail Laser Treatment
- General Dermatology: Acne, Rashes, Moles, Warts
- Laser Hair Removal
- Microdermabrasion
- Portrait Skin Resurfacing: Wrinkles, Acne, Scarring, Crow's Feet, Smoker's Lines
- Radiesse Long Term Filler
- Restylane; Juvéderm, Perlane
- Skin Care Products
- Sclerotherapy: Spider Veins
- Varicose Veins Treatment: In-Office Awake Surgery
- Thermage Skin Tightening: Eyelids, Face, Belly, Arms



Dr. Dohner says ...

Cleanse, Exfoliate, Nourish and Protect

“Now that I’m middle aged my usual skincare routine — which has served me well for a lifetime — no longer seems to do the trick. I’ve been experimenting with new products with little effect, and feel I need to do something different now. What can I do?” – Betsy

There are three components to aging: Surface Abnormalities, Wrinkles, and Sagging Skin. Studies have shown that **surface abnormalities**, (the accumulated sun damage, brown spots, muddy appearance to the skin, spider veins of the cheeks and nose, enlarged pores and fine lines) produce the most noticeable signs of aging. Addressing this part of the aging process will give you “the biggest bang for your buck.” Here are three ways to get started:

1. Home Care Regimen and Products

At the very least, be sure to use a soap free cleanser, a toner to put back into the skin what you have lost, and a moisturizer with SPF to prevent further sun damage. For best results, cleanse, exfoliate, nourish and protect. Over-the-counter retinols, or prescription-strength retinoids like Retin-A (tretinoin), will help keep you looking younger by turning over your top layer of skin. Toners can reintroduce Vitamins into the skin. Exfoliation can help clear pores while working on other surface abnormalities. Fading agents like hydroquinone will shut down pigment cells, allowing for brighter skin. Protection comes in the form of SPF.

2. Peels

Peels help turn over the skin safely and more quickly than home care processes. Chemical peels including glycolic acid, TCA, and Vi Peels work on brownish discolorations, fine lines, and (depending on the depth of peel) can actually help tighten skin.

3. Laser Treatments

Lasers use light to heat and treat surface abnormalities. Laser light can heat up brown spots to create a controlled vaporization of the spots, which then peel off. Lasers can also seal shut blood vessels so you can't see them, and it can clean up a muddy appearance. In a process known as resurfacing, laser light removes the very top portion of the skin to reveal new, healthy skin. Resurfacing works on fine or deeper lines, large pores, scars and surface abnormalities including liver spots, and warts.

All of these things work together and can be combined as needed. As always a consultation will help you determine what your skin needs. Call 431-2525 NOW for your appointment.



April

Celebrates the Spirit of Youth
at the New York Skin & Vein Centers

SUNDAYS	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
ASPCA Month Celebrate Diversity Month	Jennifer Clark Dermatology Services Acne, Rashes, Moles, and Warts ... Oh My!	HALF OFF Your Second Spa Treatment (10 am – 2 pm)	FREE Hand or Foot Treatment with any 1 hour massage	FREE Eye Treatment with Any Facial	HALF OFF Any Second Area of Waxing	Our Spa Staff is Here to Serve You 9 am – 5 pm
 Don't Be Fooled Today	 SIGN UP TODAY FOR \$10 IN DOHNER DOLLARS! Join Our Text Message Club	 BE GOOD TO YOURSELF World Party Day Studies Suggest that Happy People May Have Stronger Immune Systems	 Vitamin C Day	 NATIONAL Fun at Work Day	 In Observance of Good Friday Our Offices Will be Closed	 Happy Passover
 Happy Easter	 Find Us On Facebook	 NATIONAL Sibling Day	 NATIONAL Pet Day	 WALK ON YOUR Wild Side Day You'll Never Find New Oceans Unless You Are Willing to Lose Sight of the Shore	 TGIF! See our Yummy Cocktail Recipe on Page 5	 Baby Massage Day
 That Sucks Day Crying Rids Your Body of Harmful Chemicals That Can Build Up From Stress	 NATIONAL Health Care Awareness Day	 IN HONOR OF STRESS AWARENESS DAY RECEIVE 19% OFF a Spa Treatment CANNOT BE COMBINED WITH OTHER DISCOUNTS, COUPONS OR SPECIALS	 SAVE THE DATE: Recipe Tasting COMES TO THE NEW YORK SKIN & VEIN CENTERS See page 5 for details	 Garlic Day GARLIC IS NATURE'S UNDERGROUND PHARMACY, FULL OF HEALTHFUL BENEFITS	 Husband Appreciation Day	 Chocolate Covered Cashew Day
 Earth Day	 ENJOY A NIGHT OUT Movie Theater Day	 CHECK YOUR EMAIL FOR Internet Only Specials!	 Administrative Professionals Day	 TAKE YOUR DAUGHTERS & SONS TO Work Day	 CELEBRATE Arbor Day PLANT A TREE	 FREE Varicose Vein Ultrasound WITH DR. DOHNER (10 a.m. – 3 p.m.) CALL TO SCHEDULE AN APPOINTMENT
 Today and Everyday!	 WORLD Healing Day	APRIL SPECIAL FREE Toenail Fungus Evaluation Hurry to call 607-431-2525 to schedule an appointment. This offer expires April 30, 2012.				



What People Are Saying About Us

"My facial was a great and pleasant experience. Courtney is very good at what she does!!! She has a great disposition and is very talented with her hands."
– M.E.

"I had varicose vein surgery. My pain is gone!!!! The pain was so severe that I didn't sleep at night. The office is very friendly, straightforward, and they worked appointments around my schedule."
– STEVE

"I have had Sclerotherapy and Mesotherapy. The Sclerotherapy—my daughter said she never remembered me ever wearing a bathing suit, and she was nearly 40 years old. My legs look great. I have also had massage and body therapies. ... I love the Sea Salt Scrubs. The massages help with some of the injuries I have had over the years."
– CAROL

Bed Time Tips for Better Health and Sleep!

from *Women's Health Magazine*

1. Brush, floss, and rinse with mouthwash. Yes, again. On nights when you'd rather just collapse into bed, chew on this: According to an article in the *The Journal of the American Dental Association*, your mouth harbors 400 to 800 species of bacteria—and they're making a beeline for your tooth enamel.
2. Turn off the TV and close your laptop an hour before bed. The glowing screens emit a blue light that keeps you up by suppressing melatonin, a hormone that regulates your body clock.
3. Turn on Corinne Bailey Rae, take a warm bath, or slurp a cup of herbal tea: Calming pre-bed rituals like these can help you decompress both mentally and physically. Do them every night and they'll start to cue your brain that it's snooze time, making you nod off faster.
4. Set your coffeemaker. Java is the No. 1 source of cancer-fighting antioxidants in our diets, and studies show that a good brew can help you perform better on tests that measure concentration, memory, and learning and even help protect against ovarian cancer. Limit yourself to two or three cups a day—or decaf—to avoid jitters and late nights staring at the ceiling.

More Evidence Links Low Levels of Vitamin D to Depression

From *Medscape Medical News*

A large study of adults suggests a link between low vitamin D levels and depression, particularly in individuals with a history of depression. The study was published in the *Mayo Clinic Proceedings*. Additional research is needed to determine if giving Vitamin D will actually help depression. *Dr. Dohner's Note: This is another reason I advise all my adult patients to take 2000 units of Vitamin D per day. There is more evidence coming out all the time about the need for Vitamin D for our health.*



"Laughter is the best medicine, but it's not covered in your health plan."

Thank you for your feedback about our last newsletter — we listen!

Tell Us More and Enter to WIN DINNER FOR TWO!

Submit questions for Dr. Dohner's health care advice, provide a recipe or drink, or let us know if your organization would like to promote their event on our calendar. Go to oneontalaserderm.com and click on "survey."

Thai Noodle Salad

In this issue we thank Joanne Cloughly from the Culinary Department at SUNY Cobleskill for sharing this simple and simply delicious recipe and cocktail. Meet Joanne, Wednesday, April 18th at NYSVC.

Noodle Salad

- 1 lb soba (buckwheat) noodles
whole wheat spaghetti works just fine!
- ½ C thinly sliced scallions
- ½ C thinly sliced celery
- ½ C bean sprouts (optional)
- 1 C shredded cooked chicken

Spicy Peanut Dressing

- ⅓ C fresh lime juice
- 1 ½ Tbl minced peeled gingerroot
- 3 Tbl water
- 3 Tbl low-sodium soy sauce
- 3 Tbl creamy peanut butter
- 1 ½ Tbl honey
- 2 tsp chili paste
- 3 garlic cloves, minced



Directions

- Prepare soba noodles as per package directions. Cool completely.
- Toss with shredded scallions, celery, chicken and sprouts if using.
- Toss with dressing. Chill.
- Serve on a lettuce leaf. Sprinkle with sesame seeds if desired.



DRINK OF THE MONTH

French 75

Originating from Paris in the early 20s ... perfect to sip while watching "Midnight in Paris"!

- 1 ½ oz. gin
- 2 oz. lemon juice
- 2 tsp confectioners sugar (stir in well) or simple syrup
- chilled champagne or sparkling wine — to fill glass

Combine gin, lemon juice and sugar with ice in a shaker. Mix until sugar dissolves. Strain into a wide mouth wine glass. Gently pour champagne or wine into mixture. Serve with a lemon twist garnish.



Join Us
Wed., Apr. 18
to Taste this
Recipe and Drink!

Prepared by Joanne Cloughly
at the New York Skin & Vein
Centers, Oneonta Office
4 – 6 pm

RSVP required: (607) 431-2525 or
OneontaLaserDerm@yahoo.com
by April 17, 2012, 5 pm!

New York Skin & Vein Centers at Oneonta

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Inside:

- Find Your Picture from the Party of the Year!
- The Grand Prize Winner is ...
- Treat Your Most Visible Signs of Aging
- Recipe of the Month: Thai Noodle Salad
- Ready for a French 75?
- April Calendar and Specials

PROM FOR MOMS PRIZE WINNERS!

Massage: Barbara Lutz, *Facial:* Maureen Johnson, *Waxing:* Lisa Onorato, *Stella Luna Tickets:* Edna Wycoff, Tinny Wilkens, Michele Zimmerman, Brenda Brooks, Carmen Vega, Teri Austin Conant, Twyla, Neishia Mitchell, Wendy Mitteager, Annie Bemis, Sheila Thomas, Sheila Geer, Myra Koeni, Connie Deak

**Congratulations to Emilie Gaisford for winning the iPod.
See page 4 for your chance to win this month's giveaway.**

Find More Prize Winners on Page 1!



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APRIL SPECIALS!

APRIL 1-18TH

Win Dinner for Two — Take this Month's Survey
See page 4 for details.

TUESDAY, APRIL 17TH

Receive 19% Off a Spa Treatment
in honor of Stress Awareness Day.

WEDNESDAY, APRIL 18TH

**Recipe and Drink of the Month Tasting
at the New York Skin & Vein Centers**
See page 3 for details.

SATURDAY, APRIL 28TH

**FREE Leg Vein Screening
and Toenail Fungus Screening**
Call (607) 431-2525 for an appointment.

*Offers cannot be combined with other
discounts, coupons or specials.*

